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The Magazine June 2007

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Welcome...

This month, we're celebrating! Not only is it the first birthday of HD TV, Sunday 10 June also sees the 400th episode of *The Simpsons*, showing exclusively on Sky One. Tune in to find out what happens when Homer accidentally spills scorching hot coffee over Springfield newsman Kent Brockman – turn to p24 to find out how you could win a trip to LA to see the upcoming big-screen outing of *The Simpsons* with Sky Wonder Perks. Plus check out our exclusive interview with marvellous Marge – she reveals the secret of her marriage and that hair! Keep this mag safe – it's the first (and last) time you'll ever see Marge in her bikini, a true collector's item!

We're also marking the silver anniversary of the Falklands ceasefire. Read the story of Trudi McPhee – the brave Falkland islander risked her life to protect her homeland. Plus, June sees the season finales of *24*, *Dream Team*, *Ugly Betty* and *Prison Break*. Don't miss them! Finally, we're counting the days to holiday time. If, like us, you're a bit nervous about showing your wobbly bits, turn to p27 where we take a look at how our favourite celebs get bikini ready, and TV experts reveal the secrets of beach success. We've also tried and tested a huge range of eco-friendly pamper products – so we can recommend the ones we know will make you look and feel fantastic. Have a great month.

Lysanne Currie Editor

36
The shy black rhino

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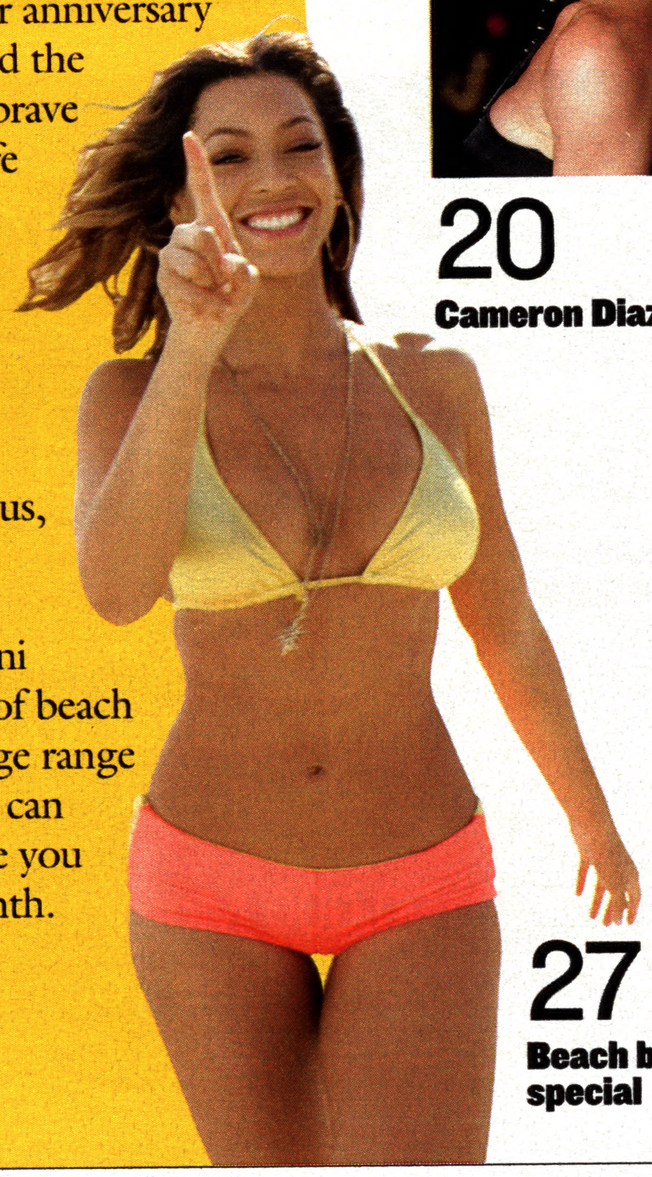
Cameron Diaz



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Beach body special

news

7 Eight pages of celebrity gossip and info

features

20 Surfing keeps me sane We caught up with Cameron Diaz to talk fitness, food and fellas

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What we're loving in June...

1 Are you surreal?
Dali & Film at Tate Modern in London – *Dali Night* on Sky Arts. Mightily impressive facial hair and melting watches are the way to go.

■ ***Dali Night*, Tue 5, from 8pm, Sky Arts (267)**

2 Happy returns!
Beautiful Beyoncé's fabulous album *B'Day* – in stores now – is our soundtrack to the summer.

■ **See her in *Fade to Black*, Mon 4, 12midnight, Sky Movies Indie (310)**

3 Summer style
Getting ready is now much quicker – just add shades and ballet pumps! Warehouse and Principles have some of the coolest catwalk copies.

■ ***The Clothes Show*, Sundays, 6pm, UKTV Style (256)**

4 Oh, I say!
It's Wimbledon time again! Enjoy strawberries and cream, and a glass of Pimms in the garden while you listen to the tennis on your Sky Gnome. Come on Andy!

■ **Wimbledon, from Mon 25, BBC One (101) & Two (102). Check on-screen Sky guide**

5
Glastonbury's back! Rock out in style like über festival babe, Kate Moss.

■ **Glastonbury Festival, Fri 22-Sun 24, BBC One (101) & Two (102). See your on-screen Sky guide**

HDTV UPDATE

ALSO IN HD

Sky High Definition has just had its first birthday! Throughout the magazine, we indicate programmes broadcast in HD. To find out more about what HDTV has to offer, the difference it can make to your viewing pleasure, the equipment you need, and how to sign up: phone 08708 500 006 or visit sky.com/hd to see terms and conditions.

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News

EIGHT PAGES OF JUNE'S TOP TV GOSSIP

Watch out Chloe – you're never far from an explosion when Jack's around!

PLENTY MORE 24!

As the latest season reaches its explosive climax there's loads more drama still to come!

SKY ONE/HD (106/197), SUN 3, FROM 9PM (DOUBLE EPISODE) AND MULTISTART ON SKY ONE (SEE ON-SCREEN SKY GUIDE FOR DETAILS)

Race-against-time specialist Jack Bauer hates to miss a deadline, and it seems those genius writers behind his hit show are no different. So determined were they to make this month's big double-bill finale the best we've seen yet, they put back the show's movie spin-off until next year to concentrate on Jack's sixth hour climax.

The big-screen version is planned for release next summer – between seasons seven and eight of the show in the US. That's two more seasons and a movie – a triple-dose of thrills for *24* fans.

And Kiefer Sutherland tells us the big-screen version could break from its usual format: "The *24* movie would be a two-hour representation of a 24-hour day," he says. "That would be the first time that we would not do something in real time, but the characters would obviously all be derivative of the show."

Kiefer has refused to rule out the movie being a prequel to the series: "If we go back before the first season, obviously there's a lot of things that could change." Absolutely: imagine the characters they could bring back – Nina Myers, Teri Bauer, Sherry Palmer. Awesome!

There's more insider information and gossip in *24: The Official Magazine*, on sale now, priced £3.75, find out more at titanmagazines.co.uk/24

ALSO IN HD **WATCH *24* IN HIGH DEFINITION**
See page 5 for details of Sky HD

WORDS: CHRIS MAXWELL | PHOTOS: ANTHONY MANDLER/CORBIS OUTLINE

Love this? Watch these!

- *Sleeper Cell*, Tuesdays, 10pm, FX (179)
- *Criminal Minds*, Fridays, 9pm, Living (112)
- *Jericho*, Fridays, 8pm, Hallmark Channel (153)
- *Cold Case*, Thursdays, 10pm, Sky One (106)

News

PARK LIFE!

The stars go out and about to play...

RENÉE'S BALL'S UP

Renée's throwing might be a bit dodgy, but you can't fault her colour co-ordination.

■ ***MISS POTTER*, FROM WED 27, SKY BOX OFFICE**

STAR SMILES

Evangeline and Matt make sure their dental work isn't *Lost* on anyone. Catch their former cast-mate Ian Somerhalder in:

■ ***MARCO POLO*, WED 13, 9PM, SKY ONE (106)**

GAIL'S GIRL

Gail Porter wonders if she should have bought daughter Honey smaller gloves.

■ **GAIL HOSTS *DEAD FAMOUS*, WEDNESDAYS, 10PM, *THE BIOGRAPHY CHANNEL* (161)**

BASKET CASE

Lucy Liu looks like her life really is no picnic.

■ ***LUCKY NUMBER SLEVIN*, SAT 23-FRI 29, 9.45PM, SKY MOVIES PREMIERE (301)**

BATTY LISA

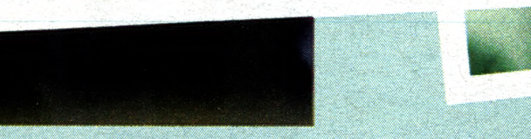
Lisa Scott-Lee brings new meaning to 'leg before wick For some proper Test crick

■ **ENGLAND V WEST INDIES, FRI 15, 10AM, SKY SPORTS 1 (**

PHOTOS: LANDMARK, SPLASH NEWS, PA, BIG PICTURES, PACIFIC COAST NEWS, GETTY IMAGES, ALAMY, CAPITAL, SCOPE, REX

Sky Insider

We pride ourselves on making your life better and surprising you, too! Here's what we've been up to...



Do your bit to combat global warming

ALL TOGETHER NOW

Sky has teamed up with the likes of Tesco and M&S for the We're in this Together campaign, which aims to provide you with tips to reduce your household carbon dioxide emissions. Sky will be doing its bit by sending the autostandby feature to all Sky+ and HD boxes. Find out more by visiting together.com.

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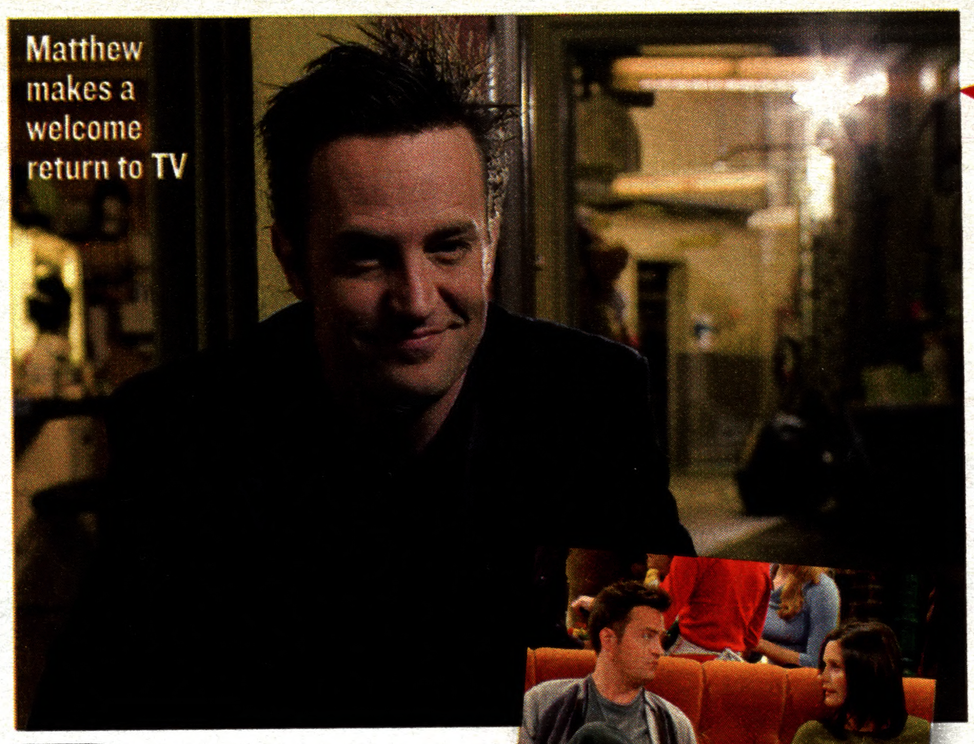
KATIE'S CANINES

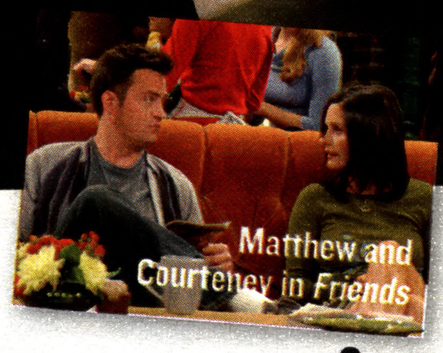
Jordan's pup makes a break for it after catching sight of her boots. Enjoy more canine antics in:
■ **WONDER DOGS, WEEKDAYS FROM MON 11, 7PM, ANIMAL PLANET (524)**

DOUGLAS DARES

Kirk Douglas gets down with the kids, but they just wish he'd stop blocking the slide.
■ **GUNFIGHT AT THE OK CORRAL, TUE 12, 9PM, SKY MOVIES CLASSICS (308)**



Matthew makes a welcome return to TV



Matthew and Courteney in *Friends*

Perry good news!

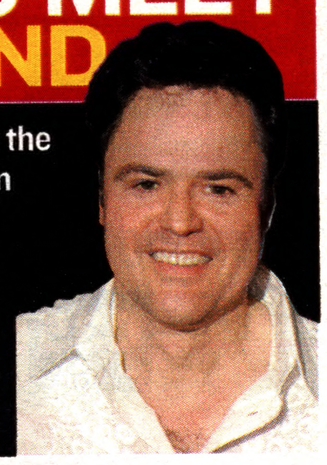
Friends star Matthew Perry is back this month in new comedy drama _Studio 60 on the Sunset Strip_

Three years after the final episode of *Friends* left us blubbing like, well, Ross, Matthew Perry (Chandler) is finally making a return to the small screen in *Studio 60 on the Sunset Strip*. The comedy drama follows the fortunes of a group of writers on a late-night comedy sketch show, based on the long-running real-life American show *Saturday Night Live*. *Studio 60* has received critical acclaim in the US and Matthew is hoping the show will allow him to move on from Chandler: "If you're fortunate enough to play one character on TV for a long period of time, people are bound to attach your face to them," he says. "But as an actor you look for different characters to change things a little – and *Studio 60* represents that for me."

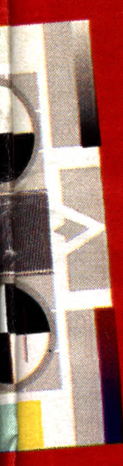
Friends' Courteney Cox (Monica) also stars in a new show, *Dirt*, which airs next month on Five US.

■ ***Studio 60 on the Sunset Strip*, Saturdays from Sat 30, 9pm, Channel 4 (104)**

WIN! A TRIP TO MEET DONNY OSMOND



Two lucky readers have the chance to meet the star after his concert at Cyfarthfa Castle in Merthyr Tydfil on 30 June. To celebrate *In My Life: Donny Osmond* (1 July, 9pm), The Biography Channel (161) is offering two concert tickets, travel to the castle and accommodation worth up to £500. Enter by June 15 at thebiographychannel.co.uk*



WHAT A CARD!

Myleene Klass is the face of Sky HD's new Test Card. She'll be giving an easy-to-understand, humorous guide to getting the best picture and sound from your HD-ready TV and Sky HD subscription. See Myleene on Sky Arts HD (268) or set Sky+ to record the 10-minute tutorial.

Don't forget to call Home Movers, Eva!

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LA XTRA

TINSELTOWN'S HOTTEST STORIES

BREAK *Grey's Anatomy* star Isaiah Washington is to take a break from the show to play a priest in the film *The Least of These*. But don't panic, fans of *Grey's* – Isaiah is under contract until season six of the show.
Grey's Anatomy, Thursdays, 10pm, Living (112)

DANCING Following the success of Heather Mills' stint, producers of US show *Dancing with the Stars* are desperate to sign up Victoria Beckham for the next series. And Posh is said to be taking the offer seriously. But can she dance as well as she can pout?
THS Dancing with the Stars, Sun 17, 8pm, E! (155)

PULLED An episode of *Bones*, in which human remains are found on a college campus, was pulled after April's tragic shootings at Virginia Tech.
Bones, Wednesdays, from 8pm, Sky Three

COMING UP

SET SKY+ FOR THESE UPCOMING SHOWS

BILLIE'S BACK Billie Piper is to play a call girl in a new eight-part drama for ITV2. *Belle de Jour* is based on a real-life online blog written by a high-class prostitute of the same name. Filming begins this summer.

WIN MY WAGE New daytime quiz *Win My Wage* will replace *Deal Or No Deal* when the current series ends this summer. Channel 4 hopes to score another hit with the show, where contestants get the opportunity to win the salary of panel members – ranging from £3,500 to £100,000.

FILTH Actress Julie Walters will star as the renowned taste-and-decency campaigner Mary Whitehouse in a new TV drama. *Filth: The Mary Whitehouse Story* will air later this year on BBC2.

CHILD'S PLAY Sky One is bringing us a version of smash-hit US game show *Are You Smarter Than a 5th Grader?* The quiz, called *Are You Smarter Than a 10-Year-Old?* in the UK, pulled in over 26million viewers across the pond. In the show, adults aim to win a big cash prize by answering questions meant for schoolchildren. They can call on schoolkids to cheat their way to victory. The show debuts in the autumn.

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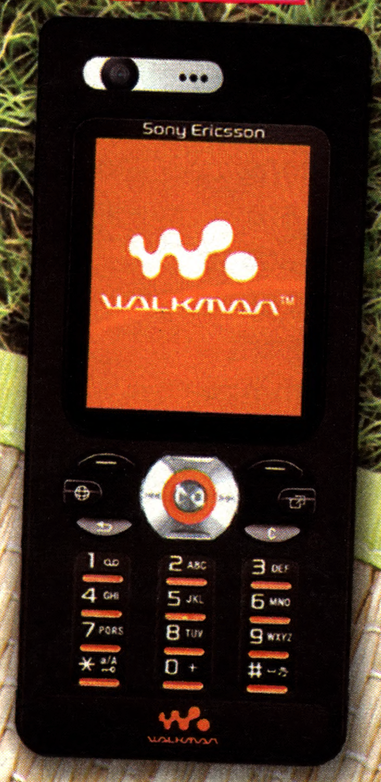

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The *MODE* gang weren't too subtle about Betty's need for more deodorant

HASTA LA VISTA, BETTY?

Oh no! The Suarezes go back to Mexico as the series ends – is this the last we've seen of our fave PA?

UGLY BETTY, E4 (140), WEDNESDAY 6, 9PM Ever since US immigration officers rapped on the door hunting for Betty's dad Ignacio, the future has looked pretty bleak for the Suarez family. This month, the whole clan find themselves back home in Guadalajara in the final episode of the hit show. Will Mr Suarez be allowed back to New York? If he's forced to stay in Mexico, will that be the end of Betty's career at *MODE*?!

Luckily, with a second series already in the pipeline, the honest answer is: probably not. But as we say bye-bye to the loveable Latina for now, there's plenty of cutesy couture fun and magazine mayhem to keep us happy in a special two-part finalé.

The family hook up with two loony long-lost aunts (Justina Machado, aka Vanessa from *Six Feet Under*, and *West Side Story* Oscar®-winner Rita Moreno). And while we don't want to spoil the ending, you can rest assured there'll be plenty more fabulous family revelations to see you through to when the series returns.

Away from the show, America Ferrera can be seen in indie movie *Towards Darkness*, about the last few hours in the life of a kidnap victim, and *La Misma Luna*, about a Mexican boy travelling to LA in search of his mum. But don't expect to see her in the tabloids when she's not filming. "I work too much to get into any trouble," she says. Aw, sounds just like our Betty...

R **MAKE SURE YOU'RE IN FASHION!**
See page 5 for details of Remote Record

WORDS: JANE CROWTHER PHOTOS: ANDY RYAN/CORBIS OUTLINE

Love this? Watch these!

● *The Clothes Show*, Sundays, 6pm, UKTV Style (256) ● *Sisterhood of the Traveling Pants*, Wed 13, 6pm, Sky Movies Family (305) ● *Grey's Anatomy*, Thursdays, 10pm, Living (112)

THE GRISLY TRUTH BEHIND BRITAIN'S PRETTIEST VILLAGES!

Haunting high and low: David and Yvette

This month spooky new *Most Haunted* spin-off show *Midsummer Murders* goes on the road to investigate murky events in a village near you. Oooooo!

MOST HAUNTED: MIDSUMMER MURDERS, TUESDAYS FROM 19, 9PM, LIVING (112)

Not content with hunting things that go bump in the night in the UK's most famous stately homes and castles, Yvette Fielding now brings us a new spin-off series investigating forgotten murders in Britain's most picturesque villages. In *Most Haunted: Midsummer Murders* Yvette and co will be attempting to uncover the violent and murderous pasts that lurk behind their picture-postcard village greens.

The show's producers have picked villages they hope will have secrets to spill – such as those built on ancient burial grounds or with high numbers of ghostly sightings. Historian Leslie Smith will be uncovering the historical clues while psychic David Wells will use his skills to communicate with the spirit world and help with their investigation.

The A-Team as we last saw them

Like *Most Haunted* the locations of the villages are being kept tightly under wraps until filming to prevent Leslie and David doing any advance research – but you can guarantee there'll be a few country cottage-owners in for a big surprise!

And Yvette and team are also heading to Hollywood in a bid to reunite the three surviving members of 80s TV show *The A-Team* with the spirit of their late co-star George Peppard, for another new show. "We're off to the States for a week to film it," says Yvette. "It took a lot of doing to get those three together. Now we have to do the really hard bit!"

DIDN'T QUITE SEE THAT GHOST?
You can rewind the action with Sky+

WORDS: CHRIS MAXWELL PHOTOS: ALAMY, RETNA

Love this? Watch these!

● *Dead Famous*, Wednesdays, 10pm, The Biography Channel (161) ● *White Noise 2: The Light*, Sky Box Office/**HD** ● *Psychic Detective*, Sat 23, 12midnight, Sky Travel (253)

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MM12214

Don Letts has worked with a diverse range of artists

LETTS ME ENTERTAIN YOU

Sky Arts kicks off its new Friday Night Guest Presenter season with four films chosen by punk filmmaker Don Letts

DON LETTS NIGHT, SKY ARTS (267), FRI 8, FROM 8PM

Don Letts is a music legend – a DJ, the man who introduced reggae to punk, member of the band Big Audio Dynamite, but above all a filmmaker who's worked with artists ranging from Elvis Costello to The Pretenders. He won a Grammy® for the documentary *The Clash: Westway to the World*. In June, Don kicks off Sky Arts' Friday Night Guest Presenter season as four films he loves are shown. "I love the chance to raise discussion, inspire and inform an audience," he explains.

■ ***The Good, The Bad and The Queen Live at The Tabernacle*** "Damon Albarn is probably the most talented person I've met. His musical journey mirrors the cultural journey of London – Blur to Gorillaz, to his new project The Good, The Bad and The Queen. It was great they thought I was the right person to film their first gig."

■ ***Franz Ferdinand: Rocket to Rio*** "I went on the road with them in South America last year. They create socially relevant pop and they don't take their position for granted – they're inspirational and uplifting."

■ ***Man with a Movie Camera*** "I didn't go to film school, but there was a big late-night film scene in London in the 70s. That's where I learnt my art. This was made in the 20s by Polish director Dziga Vertov. It has no story, cast or plot! It inspired me to be a filmmaker."

■ ***Nina Simone: The Legend*** "At 10, Nina gave her first piano recital. Her parents sat in the front row, but were moved to the back because they were black. She refused to play until they sat in the front. She was a committed civil rights worker for the rest of her life. This documentary is a rare, in-depth personal insight into an incredible performer and person."

■ ***The Sky Arts Friday Night Guest Presenter season also features comic Phill Jupitus (Fri 15), singer Clare Teal (Fri 22) and the legendary George Melly (Fri 29)***

Don was a founder member of Big Audio Dynamite

Damon Albarn live at The Tabernacle

PHOTOS: REX FEATURES

Love this? Watch these!

- *The Screening Room*, Fridays from Fri 8, 8.30pm, TCM (319)
- *The South Bank Show: Jarvis Cocker*, Sun 10, 10.45pm, ITV1 (103)

BOBBY EWING
PATRICK DUFFY

Infamous for that shower scene where Bobby came back from the dead. His previous demise was all wife Pammie's dream, which left many viewers outraged by the bonkers plot twist. After *Dallas*, Patrick starred in the sitcom *Step By Step*. More recently, he appeared in US daytime soap *The Bold and the Beautiful*, and starred in the panto *Cinderella* in Woking – 'Oh yes he did!'

JR EWING LARRY HAGMAN

As the eldest, womanising Ewing son, Larry was one of the most famous TV stars of the 80s. He stayed with the series until it ended in 1991. Now 75, Larry lives in California with wife Maj, and continues to act – he recently appeared in *Nip/Tuck* as a man who wanted his testicles enlarging!

MISS ELLIE EWING
BARBARA BEL GEDDES

An Oscar®-nominated actress in the 1940s (she appeared in Hitchcock's *Vertigo*), Barbara played the Ewing matriarch until 1990. Retiring to her home in Northeast Harbor, Maine, she rarely acted after *Dallas*, but continued to work as a fine artist. Having survived heart surgery in 1984, sadly Barbara succumbed to lung cancer in 2005, aged 82.

PAM EWING VICTORIA PRINCIPAL

The actress and her pneumatic assets left goody-goody Pam behind in 1987, unhappy with the direction the character was taking. Since then, Victoria has formed her own production company and developed a skin care range, The Principal Secret. She married plastic surgeon Harry Glassman in 1985, but they divorced last year.

SUE ELLEN EWING
LINDA GRAY

Axed from the show as JR's wife when ratings fell in 1989, Linda has since worked in both TV and theatre. She acted alongside Ian McShane in *Lovejoy* in 1991, and also took the lead role in several US TV movies. In 2001 she captivated critics with her nude turn as Mrs Robinson in the West End revival of *The Graduate*.

LUCY EWING CHARLENE TILTON

Sacked from the show in 1985, 'The Poison Dwarf' made a brief return in 1988 to boost ratings. With few acting roles to her name since the show finished, Charlene has penned a celebrity gossip column for US mag *The Globe*. In recent years she's taken part in UK reality TV shows, including *The Farm* and *Celebrity Stars in Their Eyes* – as Madonna!

JOCK EWING JIM DAVIS

At 6ft 3in, Jim was an imposing figure as the father of the Ewing clan. Sadly, he succumbed to brain cancer in 1981. Despite discovering he was suffering from the illness, he continued to act in the series, although his scenes were shot with him sitting down. When he died aged 72, Jock was written out of the show and eventually died off screen in a plane crash the following year.

JUSTIN DOES DALLAS

As Justin Lee Collins attempts to reunite *Dallas*, we see what happened to the cast after the show ended

BRING BACK... DALLAS, C4 (104), SUN 27 MAY, 9PM

He tracked down Roland from *Grange Hill*. He found The Face from *The A-Team*. Now comedian Justin Lee Collins (right) is attempting to find stars of 80s supersoap *Dallas*!

During the height of its phenomenal success, the show gripped viewers worldwide with the devious dealings and complicated love lives of the Ewing family and their fellow Texas oil barons. The 1980 episode which revealed who shot dastardly JR Ewing was watched by 350million viewers in 57 countries, including around 21.5million here in the UK.

As Justin discovers, the series is fondly remembered by many, with rumours of an imminent big-screen version with a brand-new cast, not to mention regular reruns this month (weekdays from Tue 5, 11am & 5pm, UKTV Gold, 109).

You'll be hooked again in no time!

WORDS: STEVEN MURPHY
PHOTOS: LANDOV, REX

Love this? Watch these!

● *Larry Hagman*, Mon 11, 9pm, The Biography Channel (161) ● *TV Now and Then*, Thu 7, 9.30pm, UKTV Gold (109) ● *The Wheeler Dealers*, Sun 3, 7pm, TCM 2 (320)

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They didn't look as hot as this in *Porridge*!

Season Finale!

CAN MICHAEL SAVE LINCOLN AGAIN?!

The brothers face another life or death drama in the season finale of *Prison Break*...

PRISON BREAK, FIVE, MONDAY 4 & 11, 10PM

When Brit-born Wentworth Miller first hit our screens as Michael Scofield in *Prison Break*, you'd have been forgiven for asking 'Wentworth who?' He was probably best known for starring in the Mariah Carey video for *It's Like That*, and bit parts in shows including *Buffy the Vampire Slayer* and *ER*. But all that changed with *Prison Break*.

Okay, the plot can be a bit far-fetched – Michael got himself banged up in an elaborate plan to save his brother Lincoln from Death Row – but that tattooed torso and blue eyes are enough to divert us!

The second series ends this month with the boys still on the run in Panama. Once again it's up to Michael to try to save Lincoln – this time from the evil Mahone. Be warned, the final scene is mind blowing!

Wentworth with co-star Dominic Purcell

Away from the show, Wentworth's not too comfortable with his new-found sex symbol status. "I'm kind of a dork and a very private person. And not that I ever did pick my nose in public, but it would be nice if I could, without it being in the press."

However, fame does have some perks – like dodging speeding tickets! "I was pulled over in Iowa," explains Wentworth. "It didn't even occur to me to play the actor card. While the officer was taking my details, he asked, 'What were you doing in Chicago?' I told him, 'I was on *Prison Break*.' It turned out his wife was a fan, so guess who got off with a warning?"

See, fame can't be all bad!

R DON'T MISS THE GRAND FINALE
See page 5 for details of Remote Record

WORDS: NICK FIACA PHOTOS: BRIAN BOWEN SMITH/ICON

Love this? Watch these!

● *Criminal Minds*, Fridays, 9pm, Living (112) ● *Lockdown*, Mondays from Mon 11, 9pm, National Geographic Channel/**HD** (526/543) ● *The Real Bad Girls*, Fri 1, 10pm, Sky Travel (253)

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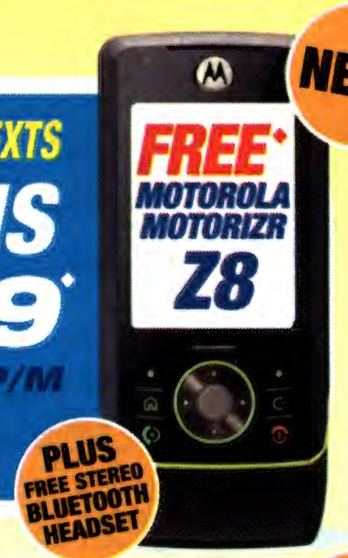

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Surfing keeps me sane!

Cameron Diaz stars in the romantic comedy *The Holiday* on Sky Box Office this month. We caught up with the sexy star to talk food, fitness and fellas!

You can't keep a good woman down. Cameron Diaz may have been voted one of Hollywood's most unlucky-in-love women after the end of her four-year relationship with pop superstar Justin Timberlake, but she's wasted no time in bouncing back. Not long after the break-up, she was out looking fab at the Oscars® and showing off her amazing body with sexy surf champ Kelly Slater.

After that, she was off hitting the beach again – this time with her newly single *Charlie's Angels* buddie Drew Barrymore for a girls' holiday in Hawaii. And she's recently set tongues wagging after being spotted out with handsome *Blood Diamond* star Djimon Hounsou. Well played, Miss D!

At 34, Cameron seems to be taking a break from work (*Shrek the Third*, out this month, is her only outing this year). Clearly, she's taking it easy and enjoying her freedom. Here she shares her secrets to looking and feeling fabulous – whatever life throws at you!

How did you finally manage to get the right balance in your life?

I worked so hard through my 20s and realised that as much as I liked acting, I needed to find another way to spend my time. I found myself going after the things I like to do – being outdoors, which I love. There are so many activities and I started finding things to escape to: walking through the trees, riding on a river, surfing. I love the skill of surfing, being able to go from standing up and falling down, to riding the top of a wave. It's an adrenaline rush. I love speed, I like to go fast and I love the sea. It's amazing for me. You're out there with all your friends, you're on the beach and it's a beautiful day. It's the best.

Are you self-conscious when it comes to showing off your body?

No, I'm in a bikini half the time anyhow because I love going surfing. So it's not uncomfortable to me. I don't associate any shame with it because I try not to be too worried about my body image.

What's your secret to looking good?

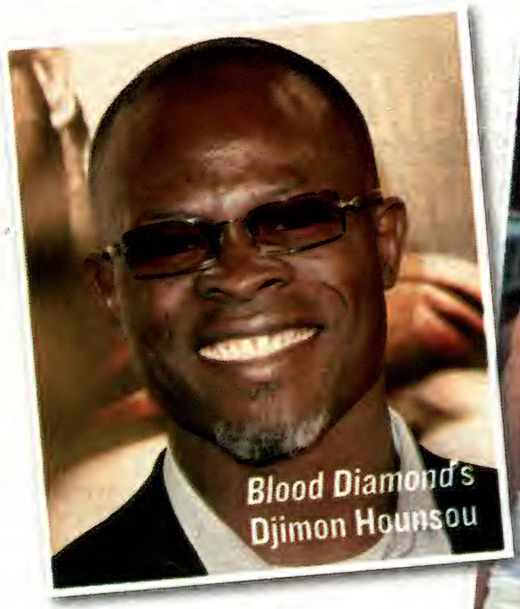
I work out. For me, that's a big part of keeping mind and body together. I hike, snowboard and go surfing a lot. Those things are a major part of keeping my sanity. I admit I do hire a personal trainer – that's my one celeb indulgence. I see him three times a week.

Do you diet?

No, I love my food – I eat burgers, whatever! But it's balanced – what I do is, I'll have a half-order. I'm like the leftover queen, though, I love leftovers. I don't throw food away. Ever. We're a gluttonous society, we take way more than we need, so it's about knowing when it's enough.

Would you ever consider plastic surgery to maintain your looks?

Urrgh! Have you seen those shows where ordinary people want to look like Britney Spears or Brad Pitt? What on Earth possesses them to want to destroy their own character? To go under the knife to do that, well, it's sick. I had to have work on my nose for a deviated septum but I would never do anything else. I think beauty comes from the inside. When I see women who have had plastic surgery, I find it unnerving. All I can see is the surgery. The person who has had it has vanished. I don't want to look like that.



Blood Diamond's Djimon Hounsou

With surfer Kelly Slater

Cameron says she doesn't diet – don't you just hate her?

With Jude Law in *The Holiday*

What was it like working with Jude Law on The Holiday?

I love him. He's fantastic. He was so open and easy to connect with. He's the perfect gentleman. All the girls on set were foaming at the mouth. But I'm proud of them, they kept it together. I think all the guys had man crushes. Everyone loved him.

Do you go for guys who are sporty and competitive?

I'm not very competitive at all. I'm athletic but not really competitive. But I do like to challenge myself, and I like somebody who does the same. I definitely like a guy who's into the outdoors.

Looking back on your career, do you have any regrets?

I think your regrets aren't what you did, but rather what you didn't do. So I grab every opportunity. It's been said that in Hollywood, there are only 14 different scripts. I'm looking for number 15!

Do you have any worries about turning 35 in August?

Not at all! When I was in my 20s, I couldn't wait to be in my 30s – and I was totally right. It's so much easier being in your 30s. You have a lot more experience and you know if you behave in a certain way, what the outcome is going to be. So, when you're in your 30s, you have enough restraint to rethink that impulse to behave that way, because you know where it's going to end. And you have a strategy of how to get to where it's a happier place.

Cameron stars in rom-com *The Holiday* alongside Jude Law, Kate Winslet and Jack Black, on Sky Box Office throughout June.
You can also catch her in *In Her Shoes*, Sat 16, 10pm, Sky Movies Comedy (303)

WORDS: PIPPA SMITH PHOTOS: ALLSTAR, GETTY, MATRIX, KOBAL

"I love my food – I eat burgers, whatever!"

Love this? Watch these! ● *Cameron Diaz*, Sun 24, 7pm, The Biography Channel (161) ● *101 Sexiest Celebrity Bodies*, Sunday 24, from 10am, E! (155) ● *Exposed*, Tue 5, 8pm, Living (112)

I WAS THE ARMY'S SECRET WEAPON!

SKY NEWS Falkands: 25 years on

Falklands farmer Trudi McPhee tells how she risked her life driving soldiers behind enemy lines in the battle for her homeland...

Argentina invaded the Falklands in March 1982, but I remember the war as if it was yesterday. I was born and bred in the Falklands, a British outpost in the South Atlantic Ocean, 400 miles east of Argentina. My great-great-great-grandfather came here from Scotland. It's a very close community. If you talk to Falkland islanders, they'll tell you we're more British than Britain! So imagine how you'd react if Britain was invaded.

I was 30, lived with my partner Roddy on Brookfield farm in the North Camp of East Falkland, 30-odd miles from the capital Port Stanley. We didn't have a TV, so heard about the invasion on the radio. We were listening to a programme when the Governor interrupted it, said we were being invaded by Argentina. It was such a shock.

SHOTS RANG OUT

My parents came to our house. Me and Dad sat up all night listening to the radio and heard everything as it happened. You could even hear shots at the government building. If you saw a shooting star, you thought, "Was that a mortar?"

Up until then, I'd only been concerned with the farm, my day-to-day life. But everything changed that night. Now there were tanks in the streets, foreign troops patrolling. The Argentines were jumpy – if so much as a cat moved, they'd fire shots. They cut our phone lines. We were

Trudi with Lieutenant Mark Walker, pilot on HMS Invincible

even forced to drive on the right-hand side of the road instead of the left, like in Argentina. Everywhere was closed. No one could go to school or work, windows were blacked out. In Stanley, people had to stay in their homes. If you wanted to go out, you had to put a white tea towel out the window to let the Argentines know, so they wouldn't shoot you.

A lot of people left Stanley for the safety of the farms. We took in a family with four kids, a grandma with three more. Plus, I was looking after two kids. We had people in the hay store, the house, the caravan…

I didn't think twice when Terry Peck, the chief of police, came to me for help. He was on the run from the Argentines – they thought he might be SAS-trained and be spying. He came to the farm and asked if we'd hide him. I helped him forge a pass to travel around the country, let him lay low on our land. I never knew where he hid – it was better not to know. The Argentines would arrive for random checks, stick a gun in your back and search the house. It was pretty scary.

BEHIND ENEMY LINES

I'd drop off food at different places round the farm for Terry. I didn't think about the danger. If I'd been caught, I could've been shot. I just wanted to get rid of the Argies. So I didn't hesitate when Terry asked me to help British paratroopers who had landed to liberate the island. They'd lost their transport during the landing, needed help moving supplies and ammunition. He called on the CB radio, said, "Trudi, get as many Land Rovers, tractors and trailers as you can, then meet us at the Heathman's farm."

There were 600 paras on Tony and Ailsa Heathman's land. I got six people and vehicles together and set off across the island. It's a wild landscape, with swamps and bogs. It's difficult to drive across if you're not used to it. For two weeks, I drove the army night patrols behind enemy lines. While I waited for them to return, I'd grab some sleep in the Land Rover. Food was scarce. A 24-hour ration had to last for 36. I gave my food to the troops and lived on Rolos and cigarettes. I went down to 9½ stone – I'm now twice the woman I was back then! Driving the

WORDS: JANE CROWTHER PHOTOS: PETER MACDIARMID/GETTY IMAGES, PA PHOTOS

Falklands 25: news briefing

Sky News royal and constitutional commentator Alastair Bruce (left), who served in the Falklands, fills us in on the background to Trudi's story.

THE DISPUTE 'Britain claimed sovereignty of the islands in 1833. The Argentines have always believed the islands belong to them. Margaret Thatcher took a huge gamble by standing up for the islanders. Failure would have probably been the end of her time as PM.'

THE CAMPAIGN 'The war provided a huge challenge. As the Falklands are on the other side of the world, our forces were short on kit and weapons. No one knew what would happen.'

THE RESULT 'Victory lifted the country's spirits and provided the springboard for another 15 years of Conservative government.'

THE MEDIA 'We relied on military sources, and news reports were often several days old. Nowadays, the military is likely to find out what's going on from the media, not the other way around. Especially when channels like Sky News are breaking news so quickly and showing live pictures from battles, like in the Iraqi conflict.

See coverage of the commemoration of the 25th anniversary of the end of the Falklands conflict on Sky News (501), Thu 14, throughout the day

HMS Sir Galahad was attacked by the Argentines

Argentine tanks rolled through the streets

troops was a risk, but I'd have died trying to make a better life for the people I love. Dad was scared I'd be captured and raped. I never thought about it. The only time I really thought I might die was when we came under fire on the night of 11 June and we took some soldiers to the river. The enemy saw us, opened fire. Shells whistled over us, exploded 50 yards away. I kept my head down. Luckily no one was hurt.

ETERNALLY GRATEFUL

People have said I was brave. They called me the army's secret weapon. I was just in the right place at the right time. I knew the terrain, so could help. It was worth it: on 14 June Prime Minister Maggie Thatcher came on the radio, said the British flag was flying in the Falklands again. It felt fantastic.

We're marking the 25th anniversary of the conflict this month. There are many families missing loved ones who gave their lives for us. The two-and-half-month conflict claimed more than 258 people on our side. For that bravery, the islanders are eternally grateful. The experience changed my outlook – if you lose your freedom, you appreciate it all the more.

We still have a British military presence. And the Argentines still claim we belong to them. I took part in this month's documentary on The History Channel because I want people in Britain to know that the situation here is like a volcano, it could erupt at any time. If that happened, I'd do the same again. I'm getting to be a bit of an old bird – I'm not sure my joints would keep up – but I'd do everything I could to help.

■ ***Falklands: The Islanders War*, The History Channel (529) Sun 17, 9pm**

British troops raised the flag again

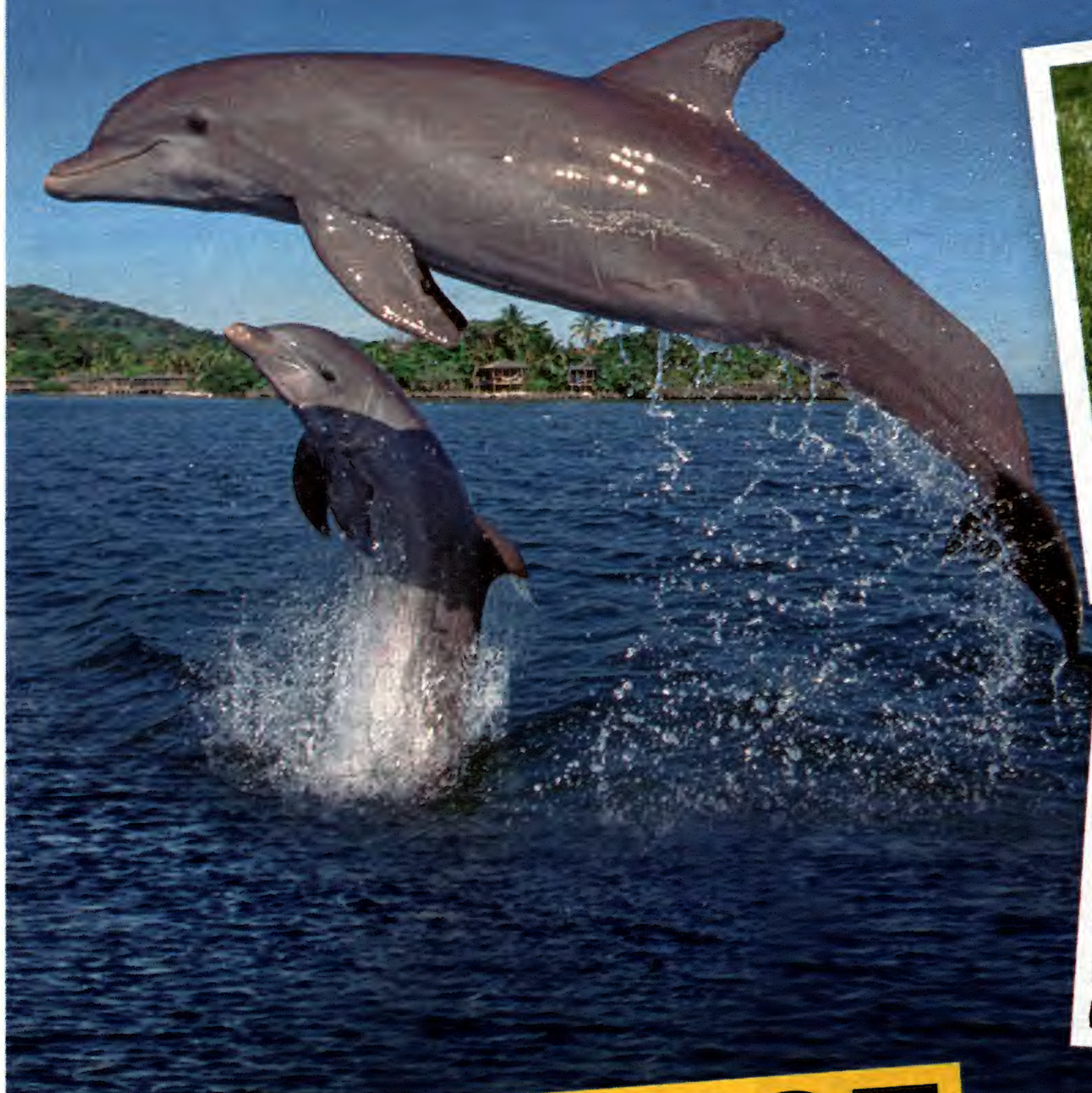
"If you lose your freedom you appreciate it more..."

Love this? Watch these!

- **British Forces Broadcasting Service (BFBS) Radio is coming soon on channel 0211**
- ***Falklands: How Close to Defeat*, Thu 14, 9pm, Discovery Channel (520)**

Wonder Perks

Swim with dolphins in the Florida Keys with Nat Geo Wild, or...



Tour the Sky News studios and the Houses of Parliament

Thanks to Sky Sports, you and nine pals can train for a day with a professional footballer

Watch The Simpsons™ Movie in Los Angeles with Sky Movies

Holiday in heavenly Hawaii, home of Sky One's Lost

Take a private lesson with English National Ballet, along with nine friends, courtesy of Sky Arts

Yo! Pimp your very own ride, decked out thanks to MTV!

WIN! ONE OF THESE SEVEN AMAZING PRIZES!

To say thank you to our loyal customers, we got together with your top TV channels to create seven amazing Wonder Perks...

Fancy strolling along the soft white Hawaiian sands made famous by the hit drama *Lost*? Or how about indulging in a bit of star-spotting as you watch *The Simpsons'* new movie in glamorous LA? Or an unforgettable dip with dolphins in the Florida Keys, perhaps?

These and lots more awesome prizes (check them out on this page) are part of the Sky Wonder Perks Prize Draw – and they're here to be won only by you. Yes, this dream prize line-up is our way of saying thanks for your loyalty.

So, just decide which prize you'd most like to win and then head to www.sky.com/perks or Sky Active for full details on how to enter and terms and conditions. Closing date for entries is Fri 29 June 2007. While you're there, check out other great Sky Perks offers, including 2-for-1 entry at selected top UK theme parks, exclusive discounts at Dell computers and 50% off selected Aussie red wine at Laithwaites.

FOR MORE INFORMATION, VISIT WWW.SKY.COM/PERKS

Terms and conditions: you must be aged 18 years or over. One entry per person. No cash alternative. For full terms and conditions visit sky.com or write to *Sky the magazine*, Marketing, Grant Way TW7 5QD to request a copy (please include your full name and address). Further terms apply.

PHOTOS ALAMY, 4 CORNERS, NATURE PICTURE LIBRARY, GETTY

THE SIMPSONS™ 400TH EPISODE

Sex, salons & sundaes

THE SECRETS OF MY SUCCESS!

As *The Simpsons* screens its 400th episode, we chat exclusively to this month's cover girl Marge – and ask her to reveal what life is like as one of the world's most famous women...

Marge, you're a role model to women. Who are your role models?
I've always admired Popeye's girlfriend Olive Oyl. What a body!

What diet regime do you follow?
My most effective diet is to eat only what Homer leaves on his plate.

What do you think of the 'size zero' issue that's been in the news?
I say real women eat cheese. But only in tiny, tiny portions.

How do you get ready for a day at the beach?
I prepare for the beach with a picnic basket and a good mystery novel.

Do you shave or wax for bikini season?
My legs? I like 'em under a blanket!

Where do you go to pamper yourself?
When I really need to clear my mind, I'll get away to Rancho Relaxo, Springfield's only two-star health spa. I order a hot fudge sundae, chocolate chip cheesecake and a bottle of tequila from room service, then I just sit and stare at the walls. It's saved my marriage.

How do you manage to keep your hair in such great shape?
My hair is water-sealed every six months and rust-proofed every five years.

Where do you get your hair done?
Once a week, I go down to the Turn Your Head and Coif beauty salon. They have all the latest machines – and gossip. I love catching up on all the hanky-panky while I'm sitting under the Monolith 300. It's usually used to make cotton candy, but its great for creating a buoyant, upward sweep and extra-puffy texture.

"My hair is water-sealed every six months and rust-proofed every five years"

Do you have bad hair days?
I have had some, but who hasn't? The high winds in the winter are truly a bother. And I shudder whenever I think about the swallows' nesting season.

What's the secret of your long marriage to Homer?
I ignore every bizarre thing my husband does – a trick I learned from Queen Elizabeth II.

How do you and Homer keep the romance in your relationship?
A quiet talk, a summer walk and a candlelit dinner always keeps my flame aglow. I don't know what Homer does.

What's the most romantic thing Homer has ever done for you?
He carved my name on his bowling ball.

What would you be doing if you weren't a housewife?
I would be a homemaker, probably. Or a domestic engineer. I wouldn't be doing all this laundry, that's for sure.

If you could be any movie star, past or present, who would it be and why?
Well, if I wanted to win an Oscar®, I'd better be British, 'cause you guys have a stranglehold on that thing.

Posh and Becks are coming to the States to live in Los Angeles. What's your advice to them?
I'm sure they'll do fine. Homer's a metrosexual too. He likes to make love in subways.

Catch all-new episodes of *The Simpsons* every Sunday, 6.30pm, Sky One (106)

DON'T MISS THE AMAZING 400TH EPISODE ON JUNE 10. RIOTS BREAK OUT AFTER HOMER SPILLS HOT COFFEE IN NEWSREADER KENT BROCKMAN'S LAP – ON AIR!

PHOTOS: 2007 © AND TM THE SIMPSONS AND TWENTIETH CENTURY FOX FILM CORPORATION. ALL RIGHTS RESERVED.

Forbes Direct

CUTTING-EDGE TV WITH Forbes DIRECT

Television technology has changed dramatically over the years. Make sure you're always first with the latest new set – rent with Forbes Direct!

1953 Television booms
The BBC was doing trial broadcasts back in 1946, but TV really came into its own with the Queen's coronation in 1953. **Forbes were renting TVs from their shop in Purley, Surrey.**

1970 Colourful characters
The new decade saw the widespread sale of colour TV sets. This was the decade that the nation fell in love with Morecambe and Wise, whose Christmas specials were must-sees.

1989 Channel hopping
Flat-screen sets were all the rage as Sky TV launched, introducing the British to more TV choice and much improved coverage of events such as the fall of the Berlin wall.

1995 On the move
Hand-held TVs became more affordable, making it possible to keep up with the televised OJ Simpson trial for all its 10 months, wherever you were.

2000 Reality bites
As a new millennium began, home cinema was all the rage. But rather than watch big films, Brits fell for reality TV and *Big Brother* became a national obsession.

2007 High expectations
HD means pictures are sharper and more real than ever before. The explosive finale of *24* on Sky will have fans on the edges of their seats. **Forbes is still going strong as a successful family business.**

VIEW YOUR SKY HD ON A LARGE SCREEN FROM FORBES DIRECT

Technology has changed a lot since television broadcasts began back in the late 1940s and continues to evolve very quickly. The latest advance, High Definition TV, offers brilliant picture clarity, making HD sets the must-have kit for 2007. But who knows what amazing technology is coming next? So why not rent a state-of-the-art HD television set with **Forbes Direct** and save money? By renting from **Forbes Direct**, you can upgrade to the latest set whenever you like, as well as saving cash. They will also install your new purchase and connect you to other TV services such as Sky. This way you can take immediate advantage of Sky HD, which offers a wide range of high-definition programmes, from sports and movies to general entertainment. And if anything should go wrong, **Forbes Direct**'s service and support team are always on hand to give help.

Terms and conditions: Minimum period of hire 18 months (classic equipment 17 months). Available to persons aged 18 years or over, subject to status and installation conditions. Specifications may change subject to availability. A one-off administration charge of £15 will apply. Prices quoted are for payment by direct debit. A surcharge of £1 per month is applicable for other payment methods. Prices include VAT at 17.5%. Written details on request. Head office and demonstration showroom: 7 Wells Place, Redhill, Surrey RH1 3DR (please phone for an appointment). Email: rent@forbesdirect.co.uk

GREAT DEALS WITH FORBES DIRECT

RENT FROM £6.22 PER WEEK

Why not choose the latest 26" Philips 26PF5521D HD-Ready Digital Integrated TV for just £6.22 per week from **Forbes Direct**.

RENT FROM £9.69 PER WEEK

Or you could go large and rent the latest 32" Toshiba REGZA HD-Ready Digital Integrated TV for just £9.69 per week from **Forbes Direct**. Want one even bigger? The 37" model costs just £10.84 per week and the whopping 42" model is only £16.15 per week. You're spoilt for choice!

To find out more about these fantastic Forbes Direct deals visit www.forbesdirect.tv or call 0845 070 2336

Forbes DIRECT

TV expert special

Countdown to a great

BEACH BODY

Get bikini-ready in just four weeks: celebrity diet tips, target toning, miracle salon treatments and the perfect bikini to suit your shape! What's not to love?!

FIND OUT WHERE BEYONCE RATED IN *E!'S 101 SEXIEST CELEBRITY BODIES*, SUNDAY 24, FROM 10AM, E! (155)

TURN HERE FOR THE TIPS THAT REALLY WORK

PHOTO: C.WATTS/SIPICTURES.COM

Eat yourself BIKINI READY

The plane leaves in a month and your body's not quite ready to be uncovered. Don't worry, we consulted the celebs' 'people' to find out what the A-listers do to get bikini (and paparazzi) ready. Plus, TV nutritionist Amanda Hamilton has created an exclusive bikini detox for you*. Now throw away that doughnut!

Stick To Low Fat
Beyoncé Knowles

It's a low-fat regime for Beyoncé. Out go the star's favourites: fried chicken and doughnuts. Instead, it's grilled fish, steamed veg, fruit and lots of water. "Most people find it easier to keep trim with a long-term, low-fat diet," says dietician Lyndel Costain.

Tip You can find lots of great low-fat recipes at ivillage.co.uk/food/tools/recipefinder

CATCH BEYONCÉ IN *FADE TO BLACK*, MON 4, 12MIDNIGHT, SKY MOVIES INDIE (309)

Traditional Calorie-Counting
Davina McCall

Banning carbs in the evening, along with a tough fitness regime, saw Davina's weight plummet by two stone after her pregnancy. Joanna Hall, author of *Carb Curfew*, says: "By not eating carbs in the evening, it reduces the feeling of being bloated."

Tip *Carb Curfew*, £5.59 at amazon.co.uk

SEE DAVINA HOST *BIG BROTHER*, CHANNEL 4 (104), CHECK YOUR ON-SCREEN SKY GUIDE FOR DETAILS

Weight Watchers
Coleen McLoughlin

Wayne Rooney's fashionista fiancée swears by Weight Watchers. They helped her slim into her bikini two years ago, after losing two stone. Coleen turned to them again after gaining 7lbs during last year's World Cup. "My body has changed dramatically," she says. "My thighs don't wobble when I walk now and my waist is smaller."

Tip Find out where your nearest class is at weightwatchers.co.uk

SEE WAG-INSPIRED DRAMA IN THE *DREAM TEAM FINALE*, SUN 3, 8PM, SKY ONE (106)

PHOTOS: BIG, GOFFINF, PA PHOTOS *IT MAY BE ADVISABLE TO CONSULT YOUR DOCTOR BEFORE BEGINNING A NEW DIET

Eco-friendly products that really work

1 Get your skin beach ready

▸ SCRUB OFF WINTER

Twice-weekly scrubs exfoliate and get your skin glowing.

Aveda Caribbean Therapy body scrub, £25; The Body Shop exfoliating gloves, £3.50; The Body Shop Body Focus Toning Soap Scrub, £8

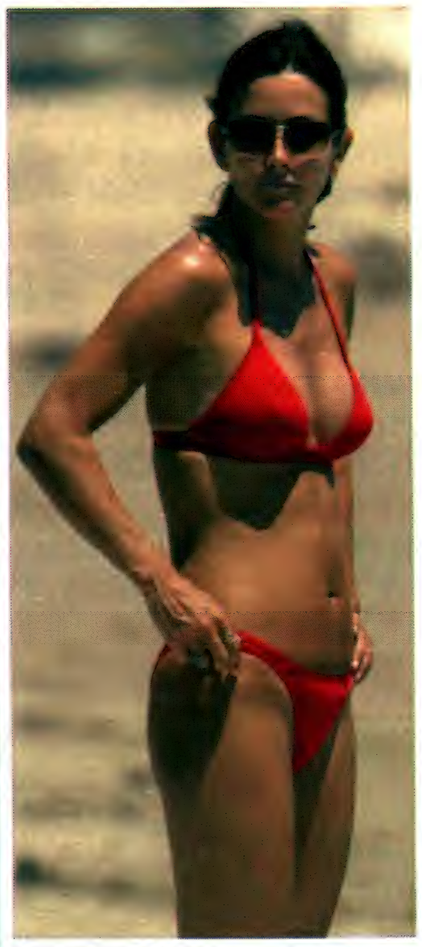
Raw Food

Jennifer Aniston

When Jen wants to get ready for her costume, she goes raw. Her trainer Cameron Shayne explains, "I suggest a 70% raw food diet: banana, salad, anything you don't cook."

Tip Pay a web visit to fresh-network.com, where you'll find a range of raw recipes.

JEN IS IN *THE BREAK-UP*, FRI 22, 8PM, SKY MOVIES COMEDY (303). TO UPGRADE TO SKY MOVIES, CALL 08705 80 08 02



Omega 3 Oils

Courteney Cox

Courteney munches on low-fat superfoods such as blueberries and fish. She also takes Omega 3 oil capsules to help keep her metabolism on high burn. Her nutritionist Oz Garcia says, "One of the most important things you can do for a healthy great body is get plenty of Omega 3 oils, the fatty acids from lean fish, into your diet. If you're vegetarian, get them from walnuts, peanuts and flaxseed."

Tip You can get Omega 3-6-9 capsules, £9.99 for 60, at hollandandbarrett.com

WATCH COURTENEY IN *FRIENDS*, E4, DAILY

Your 30-day DETOX PLAN

Spa of Embarrassing Illnesses detox guru Amanda Hamilton's beach prep rules will get you leaner and lighter in four weeks

"Four weeks before you go on holiday is a great time to start detoxing," Amanda says. "I don't believe in dieting or calorie restriction. But I do believe in detoxing – you get the same effects as a diet without feeling as though you're starving yourself. You'll lose just as many pounds as on a traditional diet, but you'll also improve skin tone, reduce cellulite, improve energy and your feeling of wellbeing."

Breakfast

Try a smoothie This gives your digestion a rest and helps it really work on the food you ate the night before. Whizz together half a banana, a handful of berries (fresh or frozen) and some rice milk or apple juice. Add two tablespoons of flaxseed oil to improve fat metabolism and rehydrate the skin.

Morning snack

Don't have a cereal bar Always eat a mix of protein and carbohydrates to keep hunger at bay. Something like a cereal bar just puts sugar in your body and promotes the retention of fat. Instead, have oat cakes with avocado or tuna, tahini and honey, yoghurt and fruit or a cup of lentil soup and rye bread. These will fill you up nicely.

Lunch

Eat your main meal at lunch Have something filling like a baked sweet potato with chilli, or roast salmon with veg or salad. Have a good carb/protein lunch and you won't snack in the mid afternoon.

Dinner

Don't eat too late at night Your body will be forced to digest while you sleep, leaving you sluggish. It's the same rule as lunch – a combination of carbs and protein, but try to avoid pasta and rice.

■ ***Spa of Embarrassing Illnesses*, Tuesdays, 11pm, UKTV Style (256). Amanda's book, *Life Detox* (Piatkus), £12.99, out now.**

Countdown to holiday daily rules:

- Drink at least two litres of water daily.
- Cut out wheat – it can lead to bloating.
- Cut out salt – it drains the body and puts extra stress on your liver, which is a fat-burning organ. If your skin is dry or you have little bumps and rashes on the back of the arms, you need to cut back.
- Avoid caffeine (or limit yourself to one cup a day). This will improve the appearance of your skin and ease digestive disorders.
- Make sure anything you eat is as organic as possible to cleanse the liver.
- Cut out booze – or limit yourself to a couple of glasses of red wine with food in the week.
- For a treat, keep strawberries in the fridge, or freeze a banana and eat it like a lolly. Alternatively, treat yourself to a couple of squares of dark chocolate a couple of times a week.

EXCLUSIVE OFFER

Kick-start your detox

Begin your new health regime with Amanda's seven- and 14-day home detox kits, which include a detox guide book, body brush and loads of complementary herbal supplements. *Sky the magazine* readers can get a 15% discount by ordering via **nutri-gold.com** and quoting the promotional code **ASKY15.**

If you love this, watch these...

● *Glamour's 50 Biggest Dos and Don'ts*, Sat 23, 11am, E! (155) ● *Beauty Secrets Revealed*, Sat 23, 12noon, E! ● *101 Sexiest Celebrity Bodies*, Sun 24, from 10am, E!

► TROUBLE SHOOTING

Deal with problem areas now and you'll be blemish-free for the beach.

Calendula and Speedwell Herbal Healing Cream, £10.50; Mandarin and Apricot Sensitive Skin Oil, £20; Sage and Rosemary Foot Rescue Oil, £12. All from Great Elm Physick: greatelmphysickgarden.co.uk

► GET BUMP FREE

Start banishing those lumps now with daily moisturising and cellulite-busting.

Paul Penders Carotene Body Lotion, £24.95; Liz Earle Nourishing Botanical Body Cream, £15; Rodial Body Sculpture, £95; Skincare Café Organic Anti-Cellulite Body Firming Gel, £18.99

BEACH BODY SPECIAL

Beach body TONE UP!

Julie Dawn Cole is the resident fitness expert on ITV1's *This Morning*. Her simple home exercise regime will soon have you ready for the beach

2-3 weeks to go

There's plenty you can do to tone up for the beach. We're not talking major weight loss here – just making the best of what you've got!

Try to make fitness part of your life. Aim to do something that raises your heart rate for 20 minutes, three times a week. Don't force yourself to go to the gym if you hate it – try dancing, there are lots of funs ways to shape up.*

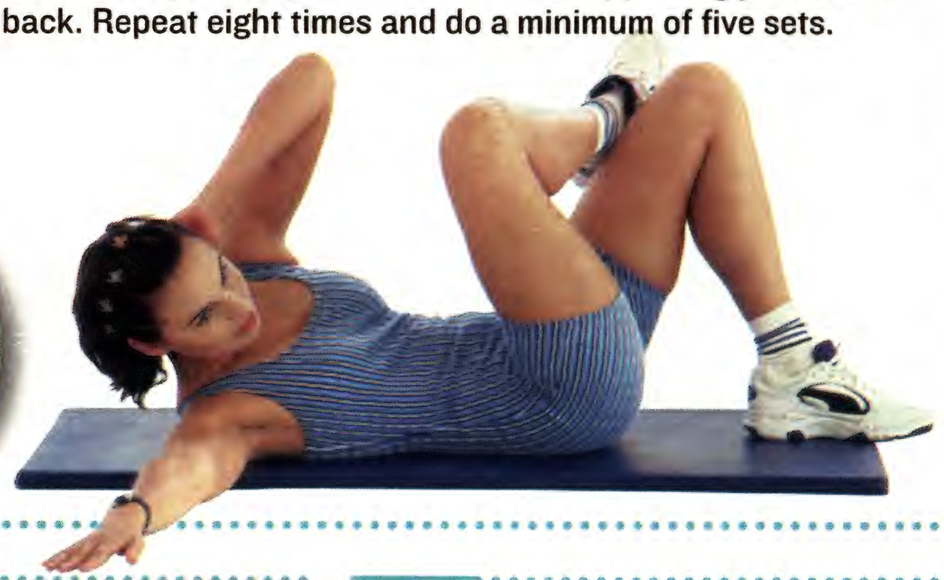
"Don't force yourself to go to the gym if you hate it – try dancing

See Julie Dawn Cole on *This Morning*, weekdays, 10.30pm, ITV1 (103)

1

Work your sides

Lie on your back, keep one foot on the floor and cross the other leg over. Keep the opposite hand to your crossed leg behind your head. Lift up off the floor, keeping your elbow back, and push through with your shoulder towards your knee. Make sure you keep the elbow that is supporting your neck back. Repeat eight times and do a minimum of five sets.



2

Pelvic tilt

This works the lower abdominal muscles and is safer than sit ups for people who have back problems. Lie flat on your back, bend your knees and keep your feet flat on the floor. Raise your bottom off the floor until your body is straight. When you lift, squeeze your bottom at the same time. In a single count, push all the way up, then back to the floor on another. Do eight in a set and at least five sets.

3

4

Inner and outer thighs

Make sure your body is in a straight line and prop yourself up with your elbow. Keep your hips in line with your ankles and lift your top leg. Don't roll your leg backward as this will work the front of your thigh. Point your toes towards the floor and, if you can, try five sets of eight reps. Raise on one, lower on two. When you've worked that leg, bring it back to the bent position. Straighten the other leg, flex your foot and squeeze it up to the ceiling. It will probably only move a few inches, but you'll feel it on your inner thigh. Do reps of eight and at least five sets, if possible. Swap sides and repeat the same exercises.

TOP TIP

For upper arms

Two half-litre bottles of water make an inexpensive and effective alternative to dumbbells. For more exercise techniques and diet tips, visit ivillage.co.uk/dietandfitness.

5

Box press-ups

This works the arm around the bingo wings and tones the biceps. Start on your knees with your hands in line with your shoulders facing forward. Cross your ankles and position your knees slightly back from your hips. Keep your hands a shoulder-width apart and directly underneath you. Lower your chin to the floor and bend your arms. Do eight reps and, if you can manage it, five sets.

PHOTOS: CAMERA PRESS, CORBIS, CAPITAL PICTURES, ALAMY, ALICE HAMMOND.
*ALWAYS CONSULT A DOCTOR BEFORE STARTING A NEW EXERCISE REGIME

Eco-friendly products that really work

2 Home spa treatments

► REVEAL YOUR GLOW

Banish winter skin and diminish signs of ageing with these miracle products. Perfect for looking vibrant and healthy this summer.

Juice Beauty Green Apple Peel, £35; Paul Penders Essential Eye Gel, £24.95

1 week to go

Maintenance MIRACLES

Kim Hughes, beautician on C4's *How to Look Good Naked*, reveals how celebs look so good on the beach. Preparation!

3 days before you go

SALT SCRUB AND HYDRATING BODY WRAP

This treatment exfoliates the body, removes dead skin cells and nourishes, soothes and relaxes the body, as well as hydrating it – essential if you are going out in the sun.

2 days before you go

BODY WAXING

Full leg and bikini waxes are essentials but why not have your underarms waxed too? A couple of days before you go is the right time to wax as it gives the skin the chance to calm down. Make sure the hairs are at least 1cm long. The wax should last three to four weeks.

1 day before you go

This will be your busiest beauty day. Book in for:

MANICURE AND PEDICURE

These remove all the rough skin and make your feet look lovely. The most popular colours this year are bright red for toes and a natural pinky-beige for fingers. Keep fingernails short and 'squoval'.

EYELASH TINT

This is a real insider secret and means you don't have to wear mascara in the daytime. You can still pop a coat on at night for extra flutter appeal.

EYEBROW WAX

This will give a clean, defined shape and open up the eyes. Regrowth starts after a week.

SUNLESS TAN

A St Tropez Airport spray tan (from £20 in a salon or health club) will give you a great, even colour while your own tan builds up naturally and safely.

Have a shower that morning and exfoliate. The spray (in a booth) takes between three and five minutes and then you dry for five minutes. It will give you an instant colour and develop over the next eight hours.

The 'tan' lasts between five and seven days but remember you still have to wear SPF when you are out in the sun. Take a bottle of St Tropez Body Moisturiser – it maintains the tan and contains aloe vera, so it can be used as an aftersun too.

Yvette Fielding
"I don't have any melanin in my skin so a spray tan helps me get a little colour. I also get my hair cut and coloured."
***Most Haunted*, Living TV (112), Tue 19, 9pm**

Lisa Snowdon
"I have a detox bath with Elemis Cellutox Herbal Bath to get my circulation going and eliminate toxins."
***Britain's Next Top Model* starts on Living TV in July**

Sarah Cawood
"I get my eyebrows and eyelashes tinted because I don't want to wear make-up on the beach."
***National Lottery Draws*, BBC1 (101) Weds, 10.35pm**

SKY SUBSCRIBER OFFER

Kim works at London salon Atherton Cox, which is offering you 25% off any treatment during June. All you have to do is mention Sky when booking and bring this page with you. Call 0207 487 4048 or go to **athertoncox.co.uk** for info.

If you love this, watch these...

● *Extreme: Skinny Celebrity Mums*, Mon 25, 9pm, Living (112) ● *Project Runway*, Mondays, 9pm, Sky One (106) ● *Streakers Around the World*, Sun 3, 11pm, Sky Travel (253)

▸ SET ASIDE AN HOUR

Give your hair a treat, eliminate toxins and soften up your feet.
Mother Earth Fresh as a Daisy Foot Balm, £9.95; Thinkhappy Organic Surge hair treatment, £6.49; Mother Earth Grapefruit Detox Body Soak, £9.99

▸ FAKE AN A-LIST BOD

Who needs cosmetic surgery when there are products like this around?
Rodial Instant Glow Self-Tan gel, £39; Moom Beauty Pumice Stone, £6.99 (purely-natural.net); Rodial tummy tuck, £100

BEACH BODY SPECIAL

1 day to go

Shop for YOUR SHAPE!

Whether you're apple, pear or hourglass, there's a flattering cossie for every shape and size, says A-list stylist Gok Wan, presenter of Channel 4's guide to looking fabulous, *How to Look Good Naked*...

The biggest trick to looking good on the beach – or anywhere else for that matter – is confidence. "The main thing to remember is that the only person worrying about your body on the beach is you," Gok tells us. "If anyone else is looking at you, they're either jealous or they're comparing themselves to your beautiful body, looking for inspiration. The ideal body type for you is the one you already have." But even the most confident of us sometimes need a boost before hitting the beach. Gok suggests...

- Get a fake tan before you go. Darker tones (within reason!) are more slimming.
- Swap your bikini for a swimming suit – it's the trendy beach style for 2007. But if you're sticking to a two-piece, make sure your top has got some built-in support if your cup size is B or above. And don't be afraid to accessorise.
- Take a tip from LA's party girls – the bigger the bag and sunglasses, the smaller the body looks. Also, trade in your flip-flops for leg-lengthening kitten heels.

PHOTOS: GETTY IMAGES

HOW TO LOOK GOOD NAKED, TUESDAYS, 8PM, CHANNEL 4 (104)

▸ BEST IF YOU'RE SLIM
Halterneck and bikini jewel emphasise your bust – a donation goes to WaterAid. Kylie at H&M.

▸ BEST IF YOU'RE HOURGLASS
Mid-rise legs give extra support to your bum and flatter your waist. Calvin Klein at figleaves.com.

▸ BEST IF YOU'RE FLAT CHESTED
Padded halterneck tops are really great for creating the illusion of a fuller bust. Ultimo.

▸ BEST FOR BIG BUMS
Dark colours on the bottom and light on top draw attention away from the waist and bum. Sea Folly.

▸ BEST COVER UP
Great slip-on dress with bikini to match. A donation goes to WaterAid. Kylie at H&M.

▸ BEST IF YOU'RE SKINNY
Stripes will add width, and tie sides will emphasise your hips. Marks & Spencer.

▸ BEST IF YOU'RE PEAR SHAPED
Avoid straps that are too wide apart, and go for dark bottoms to minimise your bum. Marks & Spencer.

Eco-friendly products that really work

3 Pack these in your suitcase

▸ PROTECT YOURSELF

Stay safe and protect your skin from the aging effects of the sun with these high-SPF skin-care products.

Caribbean Blue Sun Shield Sport, £10.95
Dr Hauschka Sunscreen Cream, £13
Organic Elements protection stick, £9.10

▸ BEST FOR SLIM SHOULDERS
Halternecks and padded bikini tops appear to broaden shoulders. Elizabeth Hurley Beach.

▸ BEST IF YOU'RE BIG BUILT
Your long legs can carry the trendy boy shorts and dark colours make your bum look smaller. Sea Folly.

▸ BEST IF YOU'RE ATHLETIC
Halterneck tops create the illusion of a fuller bust and tie sides emphasisie your hips. Sea Folly.

▸ BEST FOR FLAT TUMS
Low-rise bottoms show off a toned tum, and bright colours attract even more attention. New Look.

▸ BEST IF YOU'RE CURVY
All-in-ones with high legs make the body appear longer. Underwired bras add support. Monsoon.

▸ BEST FOR BIG TUMMIES
A tankini will minimise your tum. Opt for a plain top to detract attention from your boobs. Monsoon.

▸ BEST IF YOU'RE BIG BOOBED
Printed bottoms draw attention away from your bust. Plain tops minimise it even more. Sea Folly.

▸ BEST IF YOU'RE PETITE
Low-plunge v-necks or backless swim suits add depth to your figure. Elizabeth Hurley Beach.

▸ BEST IF YOU'RE HOURGLASS
Retro bikinis will emphasise your small waist and give support to your bum. New Look.

Your beach body... TV MENU

In need of some bikini confidence? Then watch...
How to Look Good Naked, Tuesdays, 8pm, Channel 4 (104)

Fancy a detox? Then watch...
Spa of Embarrassing Illnesses, Tuesdays, 11pm, UKTV Style (256)

Need some inspiration to get in shape? Then watch...
Sexiest Supermodels, Sat 23, 5pm E! (155)

Feeling feminine but feisty? Then watch...
Chicks with Attitude, Sun 24, from 7pm, The Biography Channel (161)

Want to drop the pounds before the honeymoon? Then watch...
Three Fat Brides, One Thin Dress, Tue 26, 8pm, Channel 4 (104)

Enjoy some professional tips? Then watch...
Abbey and Janice: Beauty and the Best, Mondays from Mon 18, 9pm, Living (112)

Want the latest fashion news? Then watch...
The Clothes Show, Sundays, 6pm, UKTV Style (256)

Not up with the latest fads? Then watch...
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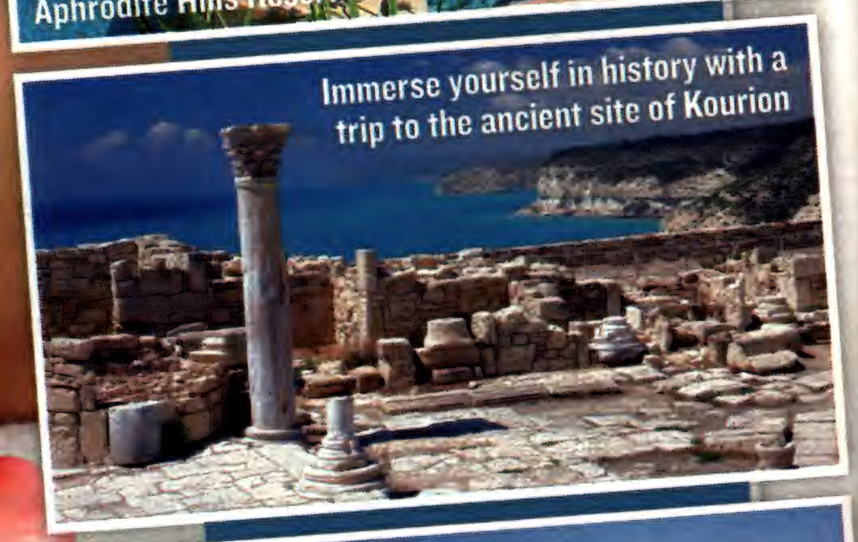

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PHOTOS: GETTY IMAGES, 4 CORNERS

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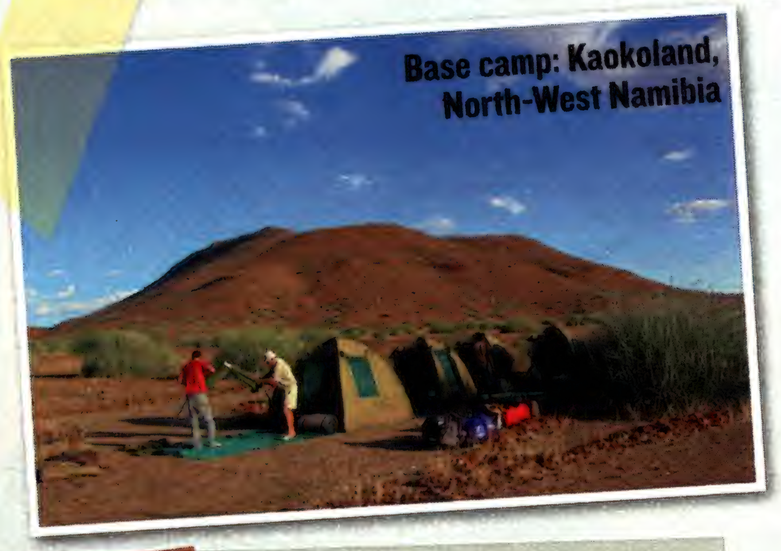
DIARY OF THE DESERT RHINO

When Saba Douglas-Hamilton invited us into the Namibian desert for an exclusive look at the rarely-seen side of the endangered black rhino – Chris Maxwell leapt at the chance...



Base camp: Kaokoland, North-West Namibia

The black rhino can be a grumpy animal – especially in the mornings. An instinct for hurtling into a thundering charge when approached doesn't help its grouchy image. But it's bad daytime eyesight, not bad temper that makes this animal so fiery – a rhino's more likely to charge you out of fear than anger.

Sadly though the chance of getting that close is slim these days. The black rhino has been hunted to the brink of extinction for its horn and despite the tireless work of the Save the Rhino Trust, only 3,000 remain in Africa. Many of the survivors have fled to remote, hostile lands making them very tricky to find and study.

This hasn't deterred Saba Douglas-Hamilton though, the Kenyan-born filmmaker (you've seen her before on the Beeb's *Big Cat Diary*) is determined to highlight the rhino's friendlier nocturnal side. With the help of her pals at the Trust she has made a remarkable new film, capturing the black rhino's night-time antics for the first time. Saba invited us to spend 48 hours with her in Kaokoland, Namibia (the only place left in the world where black rhino roam wild), for an exclusive peek at these elusive animals in the flesh.

"My film *Saba and the Rhino's Secret* is vital as it shows rhino from a new angle," says Saba. "You'll get a glimpse of the lively intelligence behind that big skull with its two horns..."

WORDS: CHRIS MAXWELL PHOTOS: ANTHONY WHITTON, CHRIS MAXWELL, FOTOLIA

DAY ONE

6.15AM The dawn sunshine bursts onto our desert campsite, drenching the dusty landscape in golden light, while high above us an African black eagle catches some morning thermals as it hunts breakfast. Serene though the view is, the fact that the usually barefoot Saba is in tough desert walking boots is a clue we're in for a long haul today. "This is an extreme environment," she says. "It's incredibly hot and you have to walk over huge lava rocks for miles and miles if you want to see a rhino. They travel incredible distances. The terrain is too tough for vehicles." In fact, by sunset, we'll have walked some 20 miles of baking desert!

Getting the hump: supply camels load up

tell this is rhino dung from the way it has been scuffed to mark territory," Simson explains. Clearly we're on someone's patch...

11AM As Saba bounds up rocky slopes ahead, we draw tantalisingly nearer to our subject until we're finally rewarded with the incredible sight of our first black rhino. First the twitch of an ear over the rim of a ravine, then a blinking eye, and finally those incredible – and lethal looking – horns. However my untrained eyes almost miss her: "You get 'rhino eyes' after a while," says Saba. "Their skin reflects sunlight in a different way to everything around." We admire the rhino for more than an hour as she ambles about her business, before she turns and trots out of view, vanishing before we can blink.

1PM We're still catching our collective breath, but Saba has already spotted more clues – the fresh spoor of a mother and calf.

"I hope people will watch the film and think these are animals worth saving..."

On the right track: Saba finds fresh rhino 'spoor'

8AM Even as we cross our first parched riverbed, Saba's friend and ace rhino tracker Simson Uri-Khob has already found fresh rhino 'spoor' (footprints and droppings!). "You can

5PM We've sweated through the heat as fast as we can, but they're too far ahead and, with dusk not far away, we have to turn home, with lions in mind. "It can be like this," says Saba. "During filming, we went a week with no sightings. It was like following ghosts." As we flop into camp we feel we've earned our beers. Hopefully we'll have more luck tomorrow...

The black rhino: only 3,000 left in Africa

Saba and the Rhino's Secret is Animal Planet's first carbon neutral documentary.

To donate to Save the Rhino Trust, visit www.animalplanet.co.uk/wildhearts

Paws for thought: lions also track black rhino

Night-vision: Saba's astonishing footage

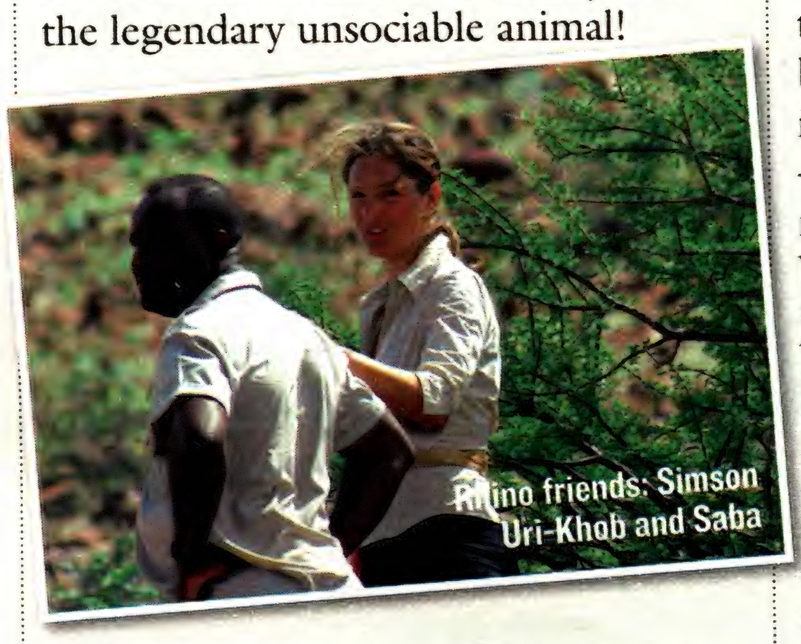
DAY TWO

7.30AM The huge fresh paw-print of a male lion in the desert dust tells us we're not the only ones tracking rhino this morning. Jeeps have taken us more than 15 miles from camp to the start of a trail our trackers hope will bring us to a group of rhinos looking for water.

11AM What we see next exceeds even Saba's expectations. High on the hillside opposite, a female black rhino grazes with a watchful eye over the four-month-old calf by her side. Saba leads us downwind of the family, until we're within just 20ft of them.

"It's the most amazing feeling, particularly with a mother and calf" she says. "When you see how small and vulnerable the youngsters are – both to the desert and predators like lions – you appreciate how much effort and thought it takes for the mother to walk the calf along the tightrope of life."

12.30PM Sudden scratching in nearby bushes is that of a foraging male rhino – while Simson spots a fourth snoozing on the hill above. This is clearly not the legendary unsociable animal!



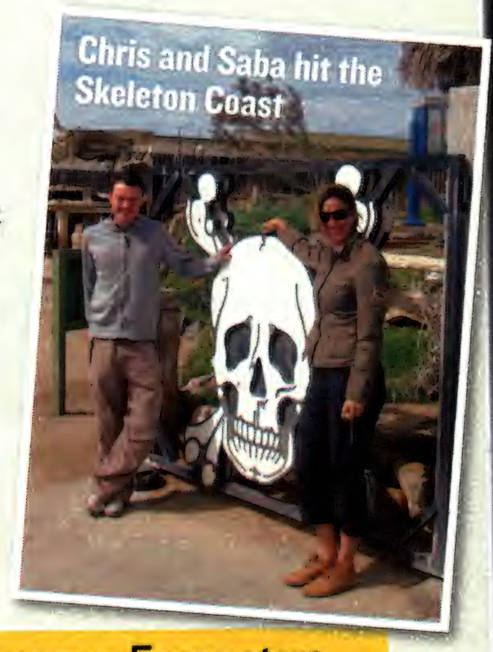
Rhino friends: Simson Uri-Khob and Saba

"They have the whole of the desert to spread out in, but they choose to be this close to one another," says Saba. "At night they really become their true social selves."

6PM Later that evening Saba drives us to a nearby watering hole to wait for nightfall and, hopefully, a big group of rhino. "This is the magic hour," she says. "It's the gateway to the rhino's real world. But the area has been blessed with some rare rainfall recently so we might not see anything – if there's water elsewhere, they don't need to come here for it." She's right. We sit silently while zebra frolic and jackals bark, but tonight – no rhino.

But Saba *has* captured the nocturnal frolicking in her film, thanks to a new camera that uses moonlight: "I hope people will watch and think these are animals really worth saving", she says. "They're spirited, sociable and true extreme survivors."

■ ***Saba and the Rhino's Secret*, Thu 21, 9pm, Animal Planet (524)**



Chris and Saba hit the Skeleton Coast

Love this? Watch these!

● *Jessica the Hippo*, Thu 28, 9pm, Animal Planet (524) ● *Dangerous Encounters*, Mon 18, 9pm, Nat Geo Wild/National Geographic **HD** (528/543)

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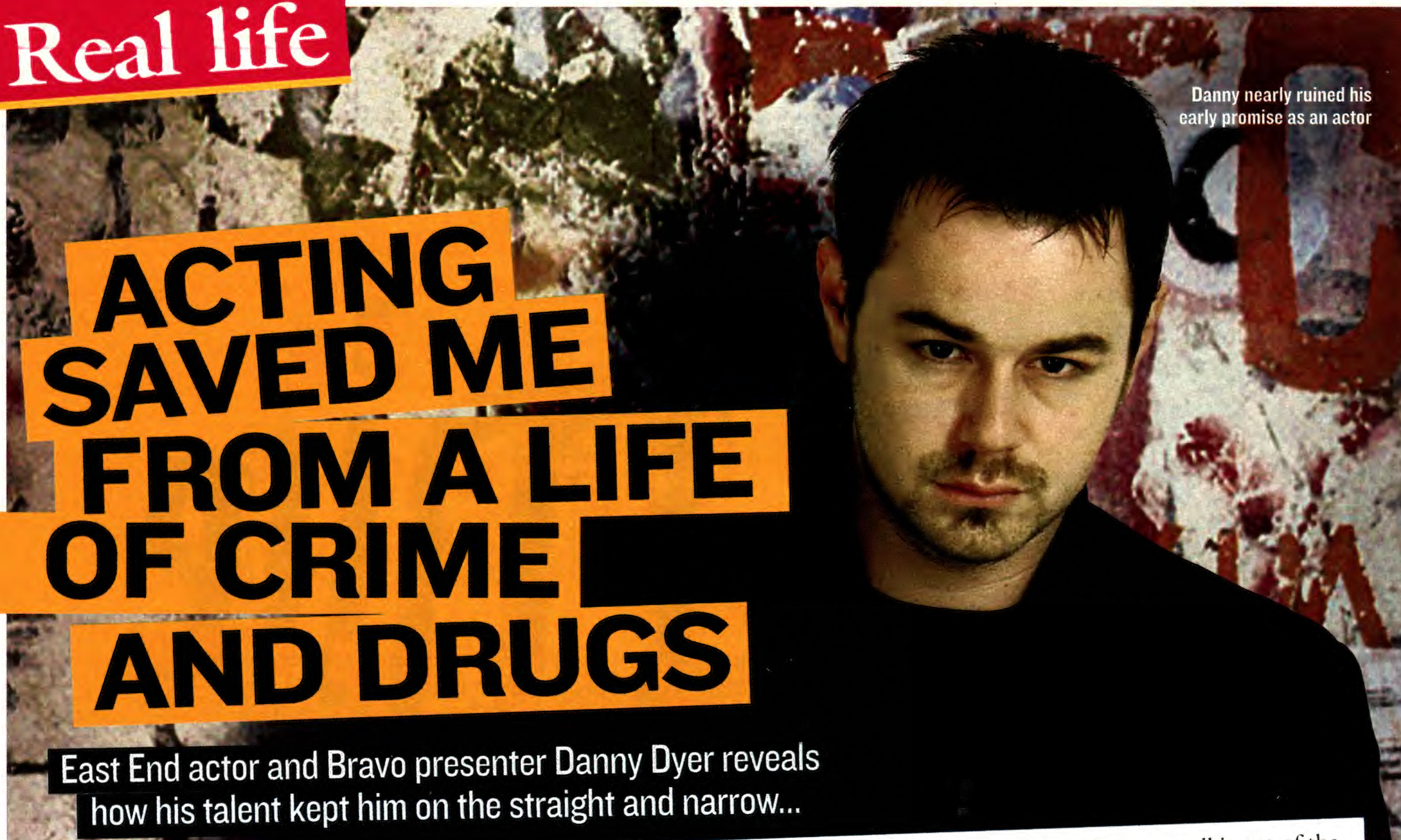

Danny nearly ruined his early promise as an actor

ACTING SAVED ME FROM A LIFE OF CRIME AND DRUGS

East End actor and Bravo presenter Danny Dyer reveals how his talent kept him on the straight and narrow...

I truly believe acting saved me from a life of crime. I was fairly useless at everything else. But I believe in fate and I think everybody's got a talent. I found mine at a young age.

I grew up in East London. I was a bit of a tearaway and had been in a bit of trouble. But I wasn't a right villain – I was only a young gun for that weird period in your early teens, just finding my way.

I've always loved acting. Nobody else in my family has ever done it. But it was the reason I went to school. My teacher, Jane Flynn, who was Head of Drama, would say, "You've got to think about this as a career." But I grew up in a single-parent family – there was no money...

Danny got his big break as Moff in *Human Traffic*

THE QUEEN!

Jane put me in touch with an acting school in North London. I got my first role as a rent boy in *Prime Suspect* when I was 14. It felt so comfortable and I didn't feel out of place. Helen Mirren, who starred in the series, said I was really talented – she didn't have to say that. I just wanted more after that. I worked with her nearly six years later and she remembered me. I was so choked up. She said, "Here's my boy!" and gave me a great, big cuddle.

After *Prime Suspect*, I got an agent and that was it. I've never had any training – I guess I'm an instinctive actor. I've got the love and the passion for it, and that's what's got me where I am today.

DABBLING IN DRUGS

In 1999, I got the job as Moff in *Human Traffic* with John Simm and that put me on the map. It's a film about ecstasy and cocaine, and the director Justin Kerrigan asked everyone who went up for it if they took drugs. That's taboo, but I went, "Absolutely, yeah." It had to be real, so we got wasted for six weeks and made a movie in between.

I've definitely had my days of debauchery. But soon it started to get out of control – I began not turning up for jobs. I started to believe in my own hype. I overstepped the line but luckily, I still had a career at the end of it.

The real turning point was *Football Factory*, which came out three years ago, because by then everyone had turned their back on me. It was director Nick Love who said, "I want to give you the part of Tommy, but you've turned into an idiot. Go away, read it, come back and audition. I need you to pull it out of the bag." I went home and sobbed. I thought, "If you muck this up, it's the end."

"I've definitely had my days of debauchery"

CULT FOLLOWING

It was important that I delivered – the film was one of the most successful British films of the last 20 years. We went from strength to strength then, me and Nick, going on to do *The Business* and *Outlaw*. We've got a cult following now, and that's down to me putting my head down.

I'm in a good place. I've had three movies out this year. I've got another little 'un on the way and I'm going to LA to get an agent. It's been a whale of a ride but I'm finally starting to calm down. I'm just a normal geezer with a mad job.

■ **Danny presents *Real Football Factories International*, Mondays, 10pm, Bravo (121)**

■ **Worried about drugs? Visit talktofrank.com**

Pool boy: Danny in *The Business*

WORDS: NICK FIACA PHOTOS: MOVIESTORE, AQUARIUS

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£30,000	£349.94	£41,992.8	£214.03	£64,209	7.3%
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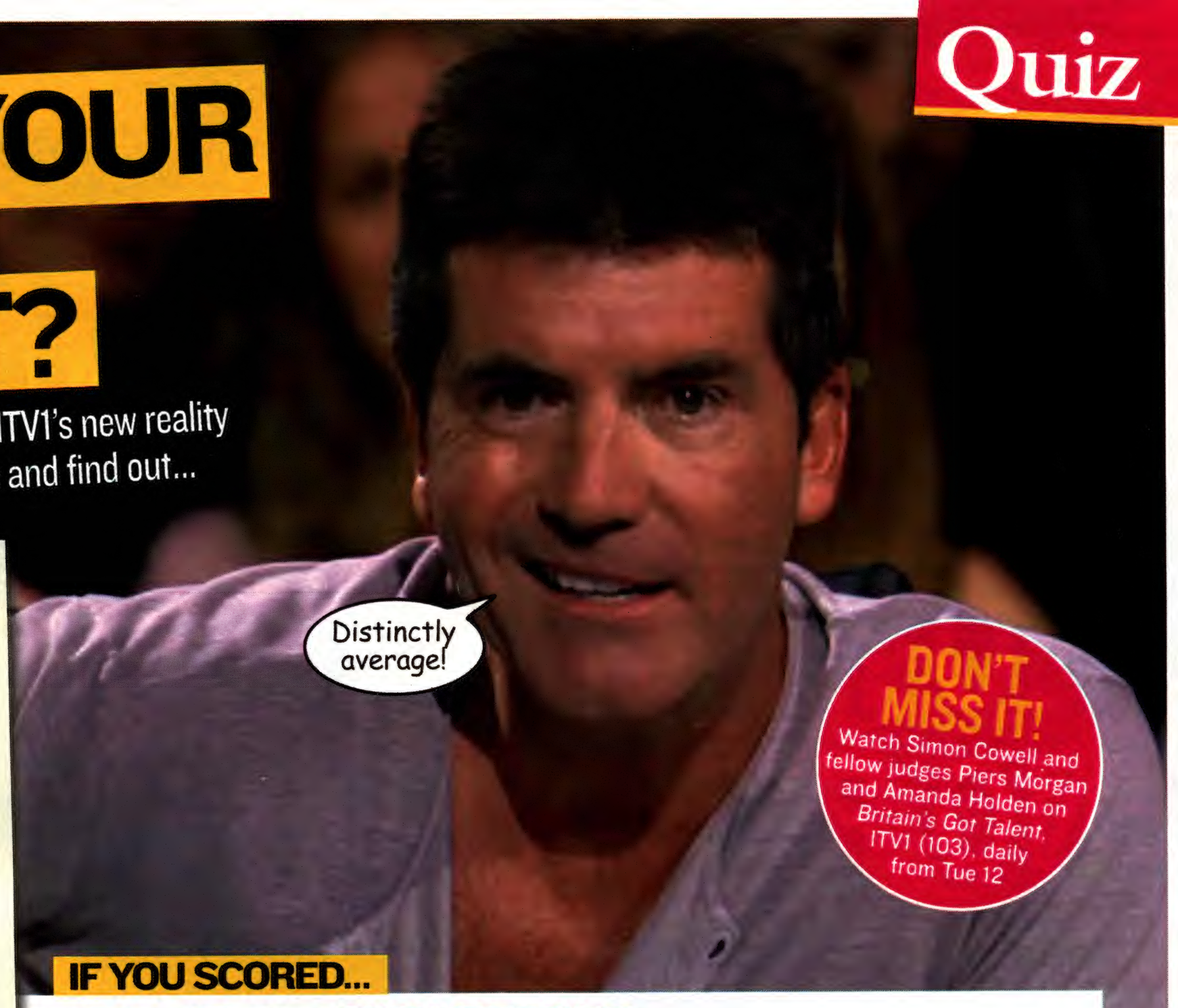


DON'T MISS IT!
Watch Simon Cowell and fellow judges Piers Morgan and Amanda Holden on *Britain's Got Talent*, ITV1 (103), daily from Tue 12

Add up your score and see right for the verdict

1. Others would describe me as...
- **A** temperamental *(10)*
- **B** chatty and charming *(5)*
- **C** full of energy *(20)*
- **D** quiet, but intuitive *(25)*
- **E** confident, if a bit of a loud mouth *(15)*

2. I'm happiest...
- **A** in the gym *(20)*
- **B** enjoying the great outdoors (25)
- **C** going to a concert *(10)*
- **D** meeting new people *(15)*
- **E** at a karaoke night *(5)*

3. I wish I was more...
- **A** confident *(25)*
- **B** clever *(15)*
- **C** popular *(5)*
- **D** healthy *(20)*
- **E** creative *(10)*

4. People describe my dress sense as...
- **A** scruffy *(10)*
- **B** more practical than stylish *(25)*
- **C** unique *(15)*
- **D** fashionable *(5)*
- **E** anything tight and bright *(20)*

5. My perfect holiday would be...
- **A** Butlins *(15)*
- **B** a spa *(20)*
- **C** a cruise ship *(10)*
- **D** anywhere sunny *(5)*
- **E** a safari *(25)*

6. My perfect partner...
- **A** lets me take control in a relationship *(5)*
- **B** cares about the environment *(25)*
- **C** makes me laugh *(15)*
- **D** likes to party *(20)*
- **E** shares my interests *(10)*

7. I wish I was less...
- **A** insecure *(25)*
- **B** keen to please *(15)*
- **C** moody *(20)*
- **D** self-centred *(5)*
- **E** impulsive *(10)*

IF YOU SCORED...

35-64 YOU'RE A SECRET SINGER

Whether you're a seasoned karaoke crooner or more of a bathroom balladeer, you're happiest when singing your heart out. How about sending a clip of yourself warbling to **Fame TV (217)** – check out fametv.com? You never know, Mr Cowell may be watching...

What Simon might say: *Well, you can carry a tune, but you need to work on it*

65-94 YOU'RE A BUDDING MUSICIAN

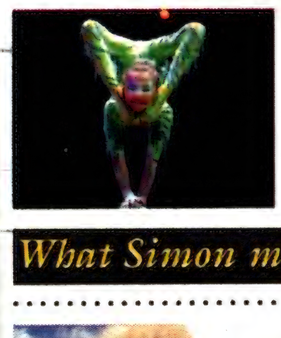
Do you play an instrument? If not, you should do! Whether you love rock or Rachmaninov, all styles are welcome on *Britain's Got Talent*. Tune into **The Musicians Channel (368)**, where you find classes for lots of instruments, like the guitar and the piano.

What Simon might say: *I wasn't keen, but some people might like that sound*

95-124 YOU'RE A NATURAL COMEDIAN

You have your mates in stitches and nothing gives you more pleasure than knowing you've cracked the perfect one-liner. So take your talent further with a bit of stand up comedy. Check out *Lee Evans Week* on **Paramount (126)**, 10pm, starting on Monday 4.

What Simon might say: *Well done, I almost cracked a smile – I said almost*



125-154 YOU COULD BE A DANCER OR ACROBAT

Whether it's clog-dancing or high-wire walking, you're an athletic type who loves pushing your body to the limit. And with your sense of rhythm, you'd be a fab performer. Watch *Cirque De Soleil Ka Extreme* on **Sky Arts (267)**, 8pm, Tuesday 26.

What Simon might say: *If bendiness meant success, you might have something...*

155-175 YOU'RE A POTENTIAL ANIMAL-TRAINER

Your animal magnetism could be a surprise opportunity for stardom. Can your dog juggle? Can your canary sing? If not, could they be taught? Your pet could be your fortune! Take a look at *Wonder Dogs*, **Animal Planet (524)**, 7pm, weekdays from 11 June.

What Simon might say: *Let's just hope you don't give us judges fleas!*

If you love this, watch these...

- *Any Dream Will Do*, Saturdays, 7.45pm, BBC One (101)
- *Wonder Dogs*, weekdays from Mon 11, 7pm, Animal Planet (524)

WORDS: CHARLOTTE RICHARDS PHOTO: CORBIS, XPOSURE, GOFF INF.

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Travel the world *by book!*

Sky Arts' Mariella Frostrup has the pick of the paperbacks to transport you to somewhere exotic this summer...

Don't worry if a lilo on the lawn is as far as you're getting to go this summer. You can still travel the world – if you pick the right read! And who better to help you choose than *The Book Show*'s Mariella Frostrup? As well as presenting Sky Arts' book review, she'll be heading to Hay-On-Wye in Wales this month for The Guardian Hay Festival to present the highlights of one of the UK's most influential cultural gatherings. Her hour-long show *Hay-On-Sky* will come directly from the event, and Mariella will be interviewing some of the many writers and celebrities who attend. We caught up with her to find out more and to see what she recommends we should be reading this summer...

So, what's happening at the Hay festival?

There is an impressive list of talented guests and speakers – the aim is just to make books and writing fun. This is definitely not a dusty book festival! There will be loads of interesting people from all walks of life talking about their work and the books they read. Bob Geldof, David Puttnam, Sandi Toksvig and Gordon Brown to name just a few. It'll be riveting to find out what our future Prime Minister reads!

Who else are you looking forward to speaking to?

Michael Morpurgo, he was Children's Laureate and he's a great children's writer. He's a fascinating speaker on anything to do with children's books.

You must read hundreds of books for The Book Show. *What kind of things do you read for pleasure?*

With so much reading for work, which gives me such pleasure, it's hard to draw the line! But I always love a great story that takes you somewhere exotic.

Do you ever give up on books?

One of the most miserable experiences is feeling you *have* to finish reading a book you're not enjoying. I've got better at skimming – I used to not be able to stop reading word by word, but I've got over that.

Harry Potter and the Deathly Hallows is probably the biggest book out this summer. What do you think of the books?

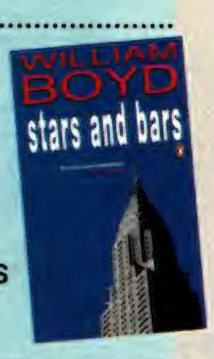
I've never read one! I'm always confused when I see adults reading them on the tube. You can be sure there'll be a real buzz when the new one comes out, though!

■ *HAY-ON-SKY*, FRIDAY 1 TO SUNDAY 3, 9PM, SKY ARTS/HD (267/268)

Mariella's summer paperback passports!

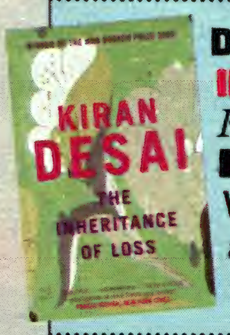
DESTINATION: NIGERIA
HALF OF A YELLOW SUN
Chimamanda Ngozi Adichie
■ Harper Perennial, £7.99
Themes of love and war are explored as we follow the lives of Nigerian twin sisters.

DESTINATION: USA
STARS AND BARS *William Boyd*
■ Penguin Books, £7.99
Story of an English art dealer trying to fit in over the pond. A hilarious look at the differences between Brits and Americans.



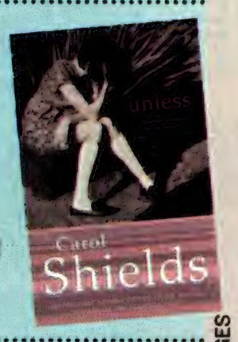
DESTINATION: INDIA & SPAIN
THE MOOR'S LAST SIGH
Salman Rushdie
■ Vintage, £7.99
Tale of a young Indian couple's illicit affair which leads to tragedy and heartbreak.

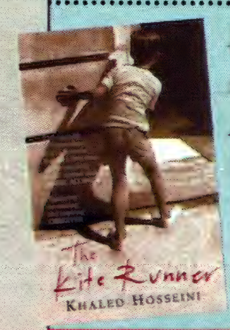
DESTINATION: USA & MEXICO
MIDNIGHT CACTUS
Bella Pollen ■ Pan, £6.99
Great adventure about an unhappy wife who leaves London with her children to move to Arizona. A real page-turner.



DESTINATION: NEPAL
INHERITANCE OF LOSS
Kiran Desai
■ Hamish Hamilton, £16.99
Winner of last year's Booker, it's about a retired judge who moves to Nepal in search of peace.

DESTINATION: CANADA
UNLESS *Carol Shields*
■ Fourth Estate, £7.99
Confused by her daughter's decision to give up normal life a mother campaigns for women to be treated better by society.





DESTINATION: AFGHANISTAN & USA THE KITE RUNNER
Khaled Hosseini ■ Bloomsbury Publishing, £7.99
An Afghan boy tells us about his and his best friend's formative years in Kabul in the 70s.

WIN MARIELLA'S BOOKS

We've got 10 sets of Mariella's favourite reads to give away. To win a set, simply send us your name and address on a postcard to Summer Read, *Sky the magazine*, News Magazines Ltd, 2 Chelsea Manor Gardens, London SW3 5PN.

WORDS: NICK CHALMERS PHOTOS: ADRIAN GREEN, GETTY IMAGES

If you love this, watch these...

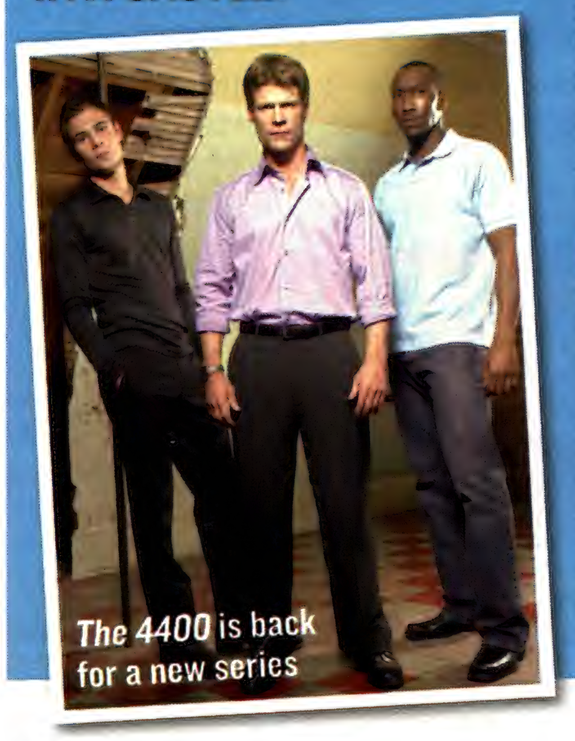
● *Open Book*, Sundays & repeats on Thursdays, 4pm, BBC Radio 4 (0104) ● *Dali Night*, Tue 5, from 8pm, Sky Arts (267)

IN THE JULY ISSUE OF SKY MAGAZINE

Britain rocks!

How to have the best summer ever – without even getting on a plane! Let *Sky the magazine* be your guide to...

- **THE HOLLYWOOD STARS' BRITISH BOLTHOLES**
- **ON-SET VACATIONS – VISIT THE LOCATIONS OF YOUR FAVOURITE SHOWS**
- **WIN A £5,000 LUXURY HOLIDAY FOR 12 PEOPLE – IN A CASTLE!**


The 4400 is back for a new series

Plus!

KATE WINSLET IN *LITTLE CHILDREN*!

BEHIND THE SCENES WITH *BRITAIN'S NEXT TOP MODEL*

EXCLUSIVE INTERVIEW WITH JAMES McAVOY!

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Plus!

BRILLIANT TV

TOP SHOWS • *The 4400* • *Grey's Anatomy* • *Dirt*
GREAT MOVIES • *Bobby* • *Blood Diamond* • *The Last King of Scotland*

What do YOU think?

Here at Sky, we love TV and that's why we want to find out about your favourite shows. Please take a moment to fill in our survey – 10 forms drawn out of the hat will win **Marks & Spencer vouchers worth £50!**

1 My favourite TV show of all time is .....

2 My favourite TV detective is .....

3 The best medical drama is .....

4 The biggest TV bitch is .....

5 My favourite TV baddie is .....

6 The best music TV show is .....

7 The best chat show is .....

8 The best news service is .....

9 The best cartoon is .....

10 The best kids programme is .....

11 The best soap moment is .....

12 My favourite sex symbol is

Male .....

Female .....

13 My most memorable news story is .....

14 My favourite TV ad is .....

15 My favourite TV theme tune is .....

16 Most annoying TV personality is .....

17 The best reality TV show is .....

Please send your completed form to: Reader Favourites, *Sky the magazine*, News Magazines Ltd, 2 Chelsea Manor Gardens, London SW3 5PN

Name* (optional) .....

Address* (optional) .....

.....

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* Required if you want to be entered in the prize draw. The closing date for all entries is Friday 29 June. Personal information will be held in the strictest confidence and will be for the sole use of BSkyB – it will not be used for sales/marketing purposes.

TV Guide
Fri 1-Sat 30 June 2007

Highlights from the best shows on Sky this month

Calista returns as Kitty Walker in *Brothers and Sisters*

CALISTA – WE MISSED YA!

Ally McBeal star Calista Flockhart is back in a brand-new role, but without the dancing babies!

E4 (140), WEDNESDAYS FROM WED 13, 9PM

It's five years since Calista Flockhart had us hooked by the ups and downs of lovelorn legal eagle Ally McBeal in Channel 4's hit show. This month Calista returns in fantastic new US soap *Brothers and Sisters* – and it should be every bit as gripping!

The series follows the five flawed siblings of wealthy California couple William and Nora Walker. Although the family seems happy enough, when Dad is found dead in the pool, cracks begin to show. Calista stars as daughter Kitty, a conservative radio talk-show host. Rachel Griffiths (Brenda in *Six Feet Under*) is sister Sarah, and Hollywood stalwart Sally Field plays matriarch Nora.

The role marks a return to work for Calista after she took a career break to concentrate on raising her six-year-old adopted son, Liam, with Harrison Ford, to whom she recently got engaged.

"If *Brothers and Sisters* hadn't come along I probably still wouldn't be working," she says. "But my son started kindergarten, so I was starting to think about it."

With 12-hour days on set, Calista confesses it's a struggle. "I find it hard to juggle. I'm planning play dates for Liam, and racing to get home for dinner. But it's hard for any working mum. You just do the best you can."

With fiancé Harrison Ford

Don't miss it!

Love this? Watch these!

- ***Studio 60 on the Sunset Strip*, Saturdays from Sat 30, 9pm, Channel 4 (104)**
- ***Ally McBeal*, Fridays, Saturdays & Sundays, various times, Paramount Comedy (126)**

Marco Polo

Wednesdays from Wed 13, 9pm, Sky One/HD (106/197)

Former *Lost* dish Ian Somerhalder dons the finery of the 13th century for a hot new miniseries adventure about the life of the Venetian explorer.

Mouse: A Secret Life

Sunday 24, 8pm, Animal Planet/Discovery Channel HD (524/536)

Griff Rhys Jones narrates as ingenious camerawork takes us inside the mouse world of lonely forest foragers and crafty city slickers.

I Do, Let's Eat

Weekdays from Mon 11, 7pm, UKTV Food (259)

Check out other people's weddings and drool over the culinary delights at banquets around the globe. Forget warm asti spumante and vol-au-vents – this is wedding grub at it's finest!

FROM TIME TO TIME SCHEDULES CHANGE, SO FOR AN UP-TO-DATE LIST OF EACH DAY'S VIEWING, CHECK OUT THE TV SKY GUIDE, OR VISIT WWW.SKY.COM. PHOTOS: JUSTIN STEPHENS/CORBIS OUTLINE, BIG PICTURES, CAPITAL PICTURES

HOW TO...

... use our guide to find the best on Sky this month. It's fast, easy and practical

TV June

Need your Bauer fix? Time is up on the latest heart-stopping series of *24* but you can still take a peek behind the scenes with star interviews and teaser clips at skyone.co.uk/24

FRIDAY 1

Psych
7PM HALLMARK CHANNEL (153)
James Roday continues to bungle things as the detective faking that he's psychic. Tonight, he joins a historical re-enactment group to investigate a killing. We've a spooky premonition you'll love it!

Hay-on-Sky
8PM SKY ARTS (267)/**HD** (268)
Mariella Frostrup brings you more daily coverage from one the world's most influential arts and literature festivals. The hunt for a perfect beach book should be over! *See feature, p45*

Crash Test Dummies
8.30PM SKY ONE (106)/**HD** (197)
Comedians Steve Marsh and Dan Wright continue to cause chaos in Dummyworld as they wreck more household objects in the name of entertainment. Genius!

Vicious Lips
12MIDNIGHT SCI FI (129)
Cult Eighties sci-fi rock movie about an all-girl punk band, the Vicious Lips, who get a gig in a dodgy nightclub on another planet – can they win over the crowd? Campy outer-space fun.

The original Italian Stallion

LORD OF THE RING

Rocky
9PM SKY ONE (106)
Whether you've never seen this classic fisticuffs flick or are a repeat viewer, the story of underdog bruiser Rocky Balboa (Sly Stallone) who gets a shot at the heavyweight title still gives a feel-good thrill. (Sky 12)

JAIL BIRDS

The Real Bad Girls
10PM SKY TRAVEL (253)
If you thought the lairy lady lags serving time in prison-based TV series *Bad Girls* had it quite easy, you'll find the reality of a woman's life behind bars a bit different. Meet the girls of Bullwood Hall prison in Essex. It's home to convicted murderers, drug smugglers, burglars and the odd arsonist. The monotony, fears and friendships of prison life are explored in this affecting fly-on-the-wall programme that finds the personal stories behind the cell bars. In this first episode, Emma (convicted of murder) faces celebrating her birthday without the usual trappings, while new arrival Giuliana is punished for swiping another inmate's medication. Could you do time with this lot?

"We're not budging from these steps, so arrest us!"

PHOTOS: KOBAL, GETTY

SATURDAY 2

Not being funny, love, but get a Tic Tac!"

IF THE CAPE FITS...

Hollywoodland
SKY BOX OFFICE/HD
Those of you who may doubt Ben Affleck's acting abilities will be impressed by the sadness and charm he brings to playing TV's first Superman, George Reeves, who mysteriously committed suicide at his home during a party in 1959. Was his typecast career or his affair with a studio bigwig's wife to blame? Classy stuff co-starring Diane Lane and Adrien Brody. (Sky 15)

Not more girl power!

DOUBLE TROUBLE

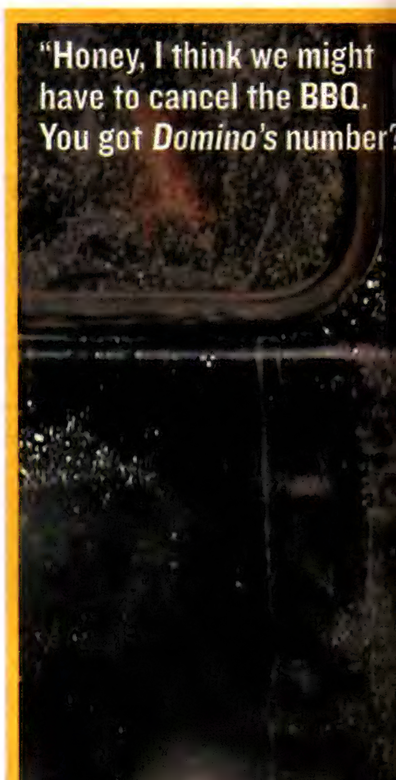
Hannah Montana
10.10AM DISNEY CHANNEL (613)
NEW SERIES
As the second series gets underway, will Miley's school chums realise the double life she's leading as pop singer Hannah Montana? Or can she balance her secret with school work in order to keep them fooled?

Any Dream Will Do
7.45PM BBC ONE (101)
It's handbags at dawn this evening as the last remaining boys squabble over who'll get to wear that coveted coat of many colours. Presenter Graham Norton tries to keep order.

Blind Justice
8PM FX (179)
Crime-busting drama double-bill. Ron Eldard stars as the cop who returns to duty despite losing his sight. Tonight, he investigates the murder of a young boy.

Warriors
9PM UKTV DRAMA (133)
Follow a group of young British soldiers during the 1992 Bosnia-Herzegovina war, and get a glimpse of the harsh realities of trying to achieve peace in a war zone.

Killer Forensics
9PM CRIME & INVESTIGATION NETWORK (531)
Forensics help police solve crimes all the time nowadays. Find out exactly what forensics are and how fingerprints have helped police catch numerous serial killers.


"Honey, I think we might have to cancel the BBQ. You got *Domino's* number?

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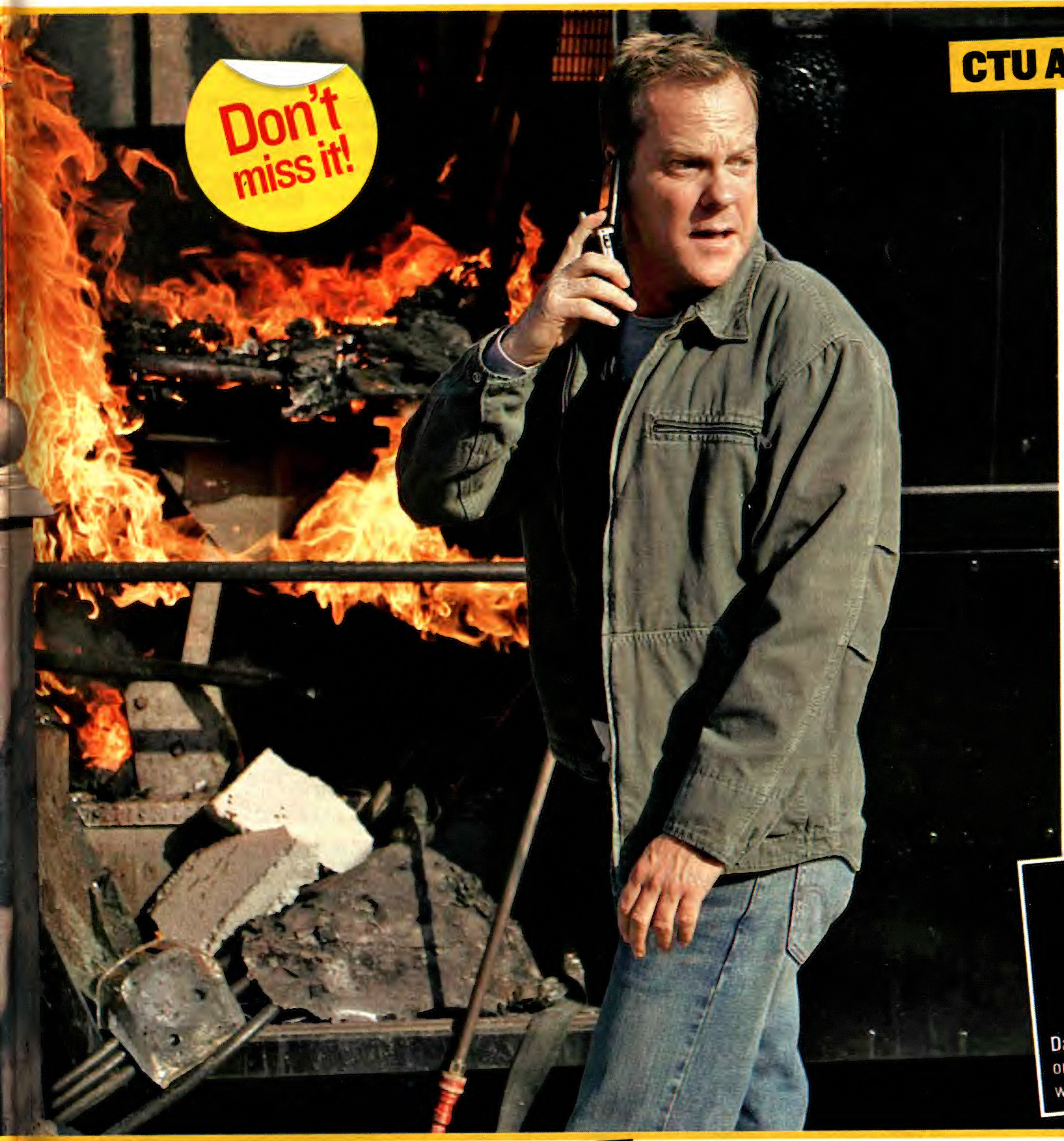
SUNDAY 3



CTU AGAIN SOON, JACK!

24 9PM SKY ONE (106)/**HD** (197)

FINALE The sixth season of the nail-biting real-time thriller ends tonight with a tense double episode. And one person who definitely won't have missed the show's fantastic finale when it aired a couple of weeks ago in the US is Kiefer's biggest fan – his dad, legendary actor Donald Sutherland...

"I remember once we were having dinner and I made the mistake of saying 'I've got to get home soon because I've got to do this tomorrow'," Kiefer tells us. "He got cross with me because I told him what I was shooting without thinking about it and obviously gave away a piece of the plot."

Kiefer was also gutted Sutherland Snr couldn't take the role of Poppa Bauer in the series this year. "He was in Australia making a film," he explains. "I think because they didn't know exactly how big a part of the show he was going to be, it was impossible for my father to give them the kind of time they needed. It was disappointing for both of us, but maybe we'll find something together soon." Perhaps a stint on *Neighbours* could be just the tonic...

Dapper Donald on a night out with son Kiefer

THE FINAL WHISTLE

They're all on the bench now!

Dream Team 8PM SKY ONE (106)

Hold your Harchester scarf high and prepare to sing your hearts out for the lads one last time – the final season of this fabulous footie drama ends tonight. Can the Dragons' young guns pull off the impossible and pip Manchester United and Chelsea to take their first title in 21 years? And how will the big celebrity wedding, and Liam's secret relationship with Gemma, affect proceedings? Reserve your sofa ticket and half-time oranges early for the big showdown. Watch where you put your feet!

Tori and Dean: Inn Love

6.30PM LIVING (112)

Tori Spelling and hubby Dean McDermott continue renovations to their B&B. If living in a trailer while they're expecting a child isn't bad enough, imagine the drama when Tori gets paint in her hair extensions...

Micro Safari

8PM NATIONAL GEOGRAPHIC CHANNEL (526)

Thanks to some nifty camerawork, zoologist Nigel Marven has shrunk himself to the size of a fingernail to get close to nature in this revealing show.

Monsters of Rock

7PM THE BIOGRAPHY CHANNEL (161)

This hour-long look at the rock industry features legends such as Meat Loaf and Thin Lizzy's Phil Lynott. Plus see Bon Jovi rock out on stage in New Jersey. Hairbrush and air guitar at the ready!

Girls of the Playboy Mansion

10.30PM E!

Hugh Hefner lets us hang out with his beautiful Bunnies one last time in this brand-new series. As ever, you just can't stop wondering... just where the heck does he get all his, er, energy?

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TV June

Don't miss a wicket! Want to watch some great sporting events over the summer? Upgrade to Sky Sports now by calling 08705 80 08 02

MONDAY 4

HEIDI, HI!

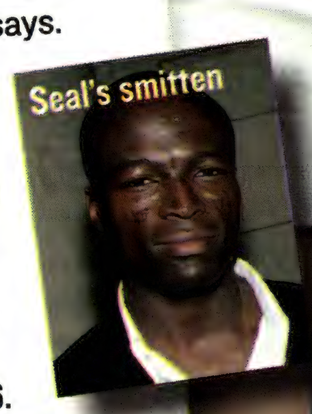
Project Runway

9PM SKY ONE (106)

Heidi Klum and the panel of top fashion bods will decide which budding designer will be packing away their Singer, along with their dream of being the next Marc Jacobs or Donna Karan.

Heidi is married to *Kiss from a Rose* singer Seal, but did you know...

- Heidi and Seal met not long after she split from Formula One boss Flavio Briatore, with whom she was expecting her first child.
- By the time daughter Leni arrived, Heidi and Seal were already crazy about each other: "What first attracted me to Heidi was the kindness in her smile," he says.
- They were married on a Mexican beach in May 2005, with Heidi already five months pregnant with their first child together.
- Heidi and Seal welcomed baby Henry in September 2005, and added baby Johan in November 2006.



Seal's smitten

Daz really did get Heidi's clothes whiter than white!

Celebrity MasterChef Goes Large

7.30PM UKTV FOOD (259)

Only four of the 24 celebs will chop and char-grill their way into the final, where they'll face some tough challenges. John Torode and Gregg Wallace do the tasting.

Trapped Inside My Body

10PM SKY TRAVEL (253)

At 30, John Bell is one of the youngest people to be diagnosed with motor neurone disease – a debilitating condition that affects the use of muscles in the body. Follow his moving battle to find a cure.

Real Football Factories International

10PM BRAVO (121)

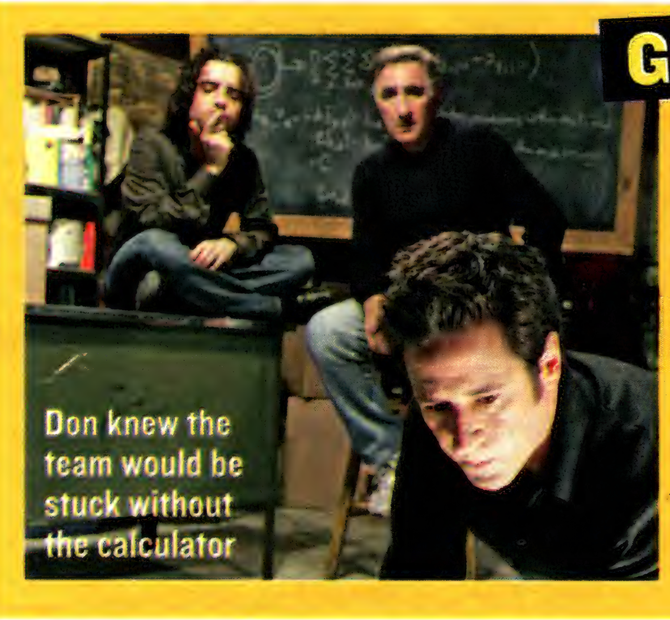
Danny Dyer geezers his way across continents as he meets some of the most passionate, and controversial, footie fans on the planet. *See our feature, page 40*

Made in LA

10.30PM THE BIOGRAPHY CHANNEL (161)

Celebrities on tour are notorious for their bonkers demands. In this entertaining documentary, presenter Nicki Chapman meets the people who take out the green M&Ms and replace the loo seats!

GO FIGURE



Don knew the team would be stuck without the calculator

Numb3rs 9PM ITV3 (119)

NEW SERIES The third series of this excellent crime drama, based in Los Angeles, is in full swing. When a Chinese interpreter winds up dead, it's down to the FBI team to figure out what happened – and you can count on it that numbers will hold the answers! David Krumholtz stars as maths genius Charlie, with great support from Judd Hirsch and Rob Morrow.

TUESDAY 5

How to Look Good Naked

8PM CHANNEL 4 (104)

Fashion expert Gok Wan continues his mission to make women love their bodies. *See our Beach Body Special, starting on page 27*

Reign of Fire

9PM SCI FI (129)

Matthew McConaughey and Christian Bale star as two men fighting to protect a future London from a batch of fire-breathing dragons. Scorching!

Animal Precinct

10PM ANIMAL PLANET (524)

The specialists are back every weekday, investigating situations where animals are being treated badly, and saving them from abuse or neglect. Awh!

The Shield

10PM FIVE (105)

NEW SERIES Enjoy more action from this gritty cop drama set in a world where the cops protect their own interests as much as those of their precinct.

THE BRAIN ATTRACTION

Brainiac: Science Abuse

8PM SKY ONE (106) /**HD** (197)

Vic Reeves (above) and his crazy team are back to do what they do best – blow things up, and watch the results! Ever wondered what would happen if a shed were shot into the sky? Tune in to find out – you won't see these experiments at school!

SHOOTING STARS

Exposed 8PM LIVING (112)

Take a peek at celebrities' lives through the cameras that follow their every move! Whether it's the paparazzi shots of the stars buying milk in their slippers, or the glam shots of them slinking down the red carpet, we can't get enough of those A-listers.

PHOTOS: REX, GETTY, PA PHOTOS

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See page 35

WEDNESDAY 6

Canada's Next Top Model

8PM LIVING (112)

More lovelies strut their stuff in the hope of being the next Kate Moss of Canada. Expect cat fights over who is the fairest of them all, and who left the lid off the butter in the model mansion!

Shocking Survival Videos

8.30PM DISCOVERY CHANNEL (520)

Witness some miraculous escapes, including a diver who has a close shave with a whale, and a bungee jumper who gets a bit more than he bargained for. Continues weekdays.

Ugly Betty

9PM E4 (140)

The two-part finale to the comedy phenomenon concludes tonight – but has Suarez Senior sorted out his visa problems? Rita Moreno guest-stars. *See our feature, page 11*

The History of Football on TV

10PM SKY ONE (106)

NEW SERIES How did us Brits become so obsessed with football? Join a panel of experts to discuss the history of the beautiful game on telly.

Terry worried indeed

LAST CHANCE SALOON

Estonia v England

7PM SKY SPORTS 1 (401)

Will Frank Lampard, John Terry (above) and co finally live up to their potential in this crucial Euro 2008 qualifying game at the new Wembley? Cross those fingers.

Upgrade to Sky Sports – see top of page 50

Ben Stiller always held a torch for Robin Williams

MUSEUM MAYHEM

Night at the Museum SKY BOX OFFICE/HD

When Larry (Ben Stiller) gets a job as a night guard at New York's Museum of Natural History, he's in for an unexpectedly wild time as all the exhibits – from a wax statue of President Teddy Roosevelt (Robin Williams, above right, with Stiller) to a giant T-Rex – come to life! Look out for hilarious cameos by Ricky Gervais and Owen Wilson in this side-splitting comedy. (Sky PG)

THURSDAY 7

McWavy or McGoatee – you decide

McDREAMY V McSTEAMY

Grey's Anatomy 10PM LIVING (112)

After having her heart broken by dishy Doc Derek (Patrick Dempsey, above left), Meredith has taken up with sweet vet Finn (Chris O'Donnell). But now Derek's marriage is over, she just might be tempted back into his arms. Meanwhile, the OR team deal with a possible case of child abuse and Izzie returns to work. Top-notch drama that's still as sharp as a scalpel.

DR DEREK 'McDREAMY' SHEPHERD
Speciality: Neurosurgeon ★★★★
Personality: Charming, and compassionate ★★★★
Looks: Wavy haired romantic ★★★
Desires: Can't resist Meredith ★★★★
Low point: Was a naughty boy and cheated on his wife to be with Meredith ★
Quirky fact: Loves caravans and can't get enough of ferry boats ★★
PHWOAR STAR SCORE: 18

DR MARK 'McSTEAMY' SLOAN (above)
Speciality: Plastic surgeon ★★★
Personality: Charming, but a womaniser! ★★★★
Looks: Rough 'n' ready hunk ★★★★
Desires: Anything in a skirt ★
Low point: Slept with Derek's wife and tried it on with Meredith! ★
Quirky fact: Can stitch up his own injured face! ★★★★
PHWOAR STAR SCORE: 17

SWOON VERDICT: It was close run thing but for us, McDreamy is the winner.

Joel Rifkin

9PM CRIME AND INVESTIGATION NETWORK (531)

A gruesomely fascinating jail interview with the most prolific serial killer in New York, who raped, mutilated and murdered 17 women in the 90s.

Enter the Dragon

9PM TCM (319)

You can't go wrong with Bruce Lee flexing his muscles in this bruising kung-fu classic – especially if you look out for the on-air competition relating to the film, with some cool prizes on offer. Hi-yaaa!

TV Now & Then

9.30PM UKTV GOLD (109)

Les Dennis brings us the final instalment of his nostalgia show so it's the last time we'll see him for a while. Expect him to squeeze in a "I don't really know!" Mavis Riley impression somewhere.

The Nativity Story

SKY BOX OFFICE

A classy retelling of Jesus's birth starring *Whale Rider*'s Keisha Castle-Hughes as a teenage Mary. Which reminds us, it's only 200 shopping days left till Christmas! (Sky PG)

"...then simmer for five minutes"

A WEB OF INTRIGUE

Cold Case

10PM SKY ONE (106)

A video clip of a missing student turns up on the internet, prompting Philadelphia homicide detective Lily Rush (Kathryn Morris) and her team to reopen his case. Did the talented teenager disappear or was he murdered? Gripping crime drama.

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TV June

Need a sci-fi fix? Don't miss Charlize Theron kicking serious bad-guy butt while still managing to look fabulous in futuristic thriller *Aeon Flux*. Subscribe to Sky Movies on 08705 80 08 02

FRIDAY 8

Don Letts Night

8PM SKY ARTS (267)

DJ and filmmaker Letts presents his own music films about the bands Franz Ferdinand and The Good, The Bad and The Queen, followed by two documentaries. *See feature, p15*

The Real Antony and Cleopatra

9PM UKTV HISTORY (537)

Forget Burton and Taylor in *Cleopatra*. Here's the true story about one of history's most famous couples. Was she really such a pain in the asp?

Criminal Minds

9PM LIVING (112)

More tense and intelligent crime drama as the FBI's crack Behavioral Analysis Unit hunt their man. Mandy Patinkin heads up the team for what's sure to be another grisly case.

Medics

FROM 9PM NATIONAL GEOGRAPHIC CHANNEL (526)

Follow Southampton trauma doc Rob Dawes daily life – from racing to the scenes of accidents, to assessing those who are unable to get to the hospital.

Myleene never could sit properly on a chair

A TOUCH OF KLASS

The Screening Room

8.30PM TCM (319)

Sky Test Card girl Myleene Klass presents a new feast of flicks for all movie fans, with red-carpet news, reviews and interviews. You bring the popcorn, she'll bring the hot dogs!

Che's Frank Spencer impression went down a storm

KNOW THE FACE...

The True Story of Che Guevara

9PM THE HISTORY CHANNEL (529)

His face adorns countless student T-shirts, and his early medical career ambitions were followed in the Gael García Bernal drama *The Motorcycle Diaries* – but what do we really know about Ernesto 'Che' Guevara? Che became a symbol of revolution – but was executed alone in the Bolivian jungle. This documentary talks to Che's family, friends and foes to find out what drove him, what he was like to live with, and why he ultimately became self-destructive.

PHOTOS: GETTY, LANDOV, REX, MARY EVANS

SATURDAY 9

Wonder how she goes to the loo in that...

BACK TO THE FUTURE

Aeon Flux **9.30PM** SKY MOVIES PREMIERE (301) & SKY MOVIES **HD2** (312)

Charlize Theron (above) stars as the superhero Aeon Flux in this stunning sci-fi thriller set 400 years after a virus has wiped out half the world's population. Aeon is sent on a mission to assassinate a government leader. But as she goes about her task, she uncovers much more than she was expecting... (Sky 15)

Bug, er, off!

A BUG'S LIFE

Insectia Presents: The Bug Man

9PM DISCOVERY **HD** (525)

Starting in Madagascar, this new series takes a close-up look at the world of creepy crawlies. George Brossard (above) introduces us to plenty of creatures you wouldn't want to find in your roses!

Grossology

9AM JETIX (609)

Who do you call when the case becomes too gross for adults? Ty and Abby are a sibling crime-fighting team, experts in handling all things eyooo-inducing.

New Street Law

7.30PM UKTV DRAMA (133)

Cold Feet's John Thomson and *Four Weddings*' John Hannah star in this drama about two rival barristers' chambers and their conflicts, both inside and outside the courtroom.

Jurassic Park

9PM SCI FI (129)

A billionaire cloning dinosaurs using fossilised DNA? Well, we can tell you how that'll turn out! But we'll still jump as we watch this fab dino flick.

Night Hunters

10PM NAT GEO WILD (528)

Watch deadly predators attack their unsuspecting prey under the protection of a pitch-black night in northern Botswana. It'll certainly make you think twice about putting the bins out in your PJs!

All together now: *all the nice girls love a sailor...*

The competition for the worst hairdo was down to the last four

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SUNDAY 10

EYE, EYE CAP'N!

Pirate Master 7PM SKY ONE (106)

Aha, me hearties! Tune into this plank-walking reality show to watch 16 salty sea dogs learn the ropes of a replica pirate ship and see if you still hanker for the ocean. Host Cameron Daddo (left) will be keeping his eye on the new shipmates as they search for treasure around Dominica, scrap over food, choose a captain and maybe consider mutiny. Each week, one buccaneer will be 'cut adrift', while the remaining crew at the end of the series will share booty worth $1million. But only one can be named Pirate Master, and we predict cut-throat behaviour and double-crossing as they fight it out. Shiver me timbers etc!

Can this lot rival history's greatest buccaneers?

CAPTAIN KIDD In the 17th century, upstanding Brit captain Kidd turned pirate after an attempted mutiny, then plundered ships on the Indian coast. His greatest prize was a 400-tonne merchant ship loaded with treasure. He was eventually arrested in Boston, Massachusetts and shipped back to Britain to be hanged. Oh no!

JEAN LAFITTE Frenchman Lafitte plundered ships around the New Orleans area during the early 19th century. He fought against the British Navy during the American Civil War and was pardoned for his piracy. Lafitte then headed for the mainland, setting up in Texas. He was eventually run out of Galveston – but not before he'd torched the entire town!

BLACKBEARD 18th-century pirate Edward Teach had a huge beard into which he'd weave matches that could be set ablaze to scare his enemies. He plundered, murdered and marooned along the Jamaican coast. Legend has it that it took five bullets and more than 20 stab wounds to kill him.

OSBOURNE TO BE WILD

True Hollywood Story: The Osbournes 8PM E! (155)

We first met our fave dysfunctional family back in 2002 via their very own reality TV show, and they've been in the limelight ever since. We've loved watching those rebellious kids Kelly and Jack throwing wobblies at each other, mum Sharon stepping in to stop their bickering, and dad Ozzy being just plain bonkers! Tune in for this two-hour special that reveals the truth behind the chaos of their everyday lives.

Bad Girls Club

6PM LIVING (112)

Those lairy lasses continue to work through their problems with lying, cheating, law-breaking and antisocial behaviour in the shared house. With good grace? No, that would just be dull!

The Simpsons

6.30PM SKY ONE (106)

Chaos rains down on Springfield in this landmark 400th episode after Homer spills hot coffee in the lap of local newsreader Kent Brockman. D'oh!

See feature, page 25

First Dance

7PM UKTV STYLE (256)

Taking your first steps on the dancefloor as newlyweds can be nerve-wracking, especially if you've opted for a fish-tail gown! Fifteen couples set out to learn a secret routine to wow their guests.

Blonde Ambition

7PM THE BIOGRAPHY CHANNEL (161)

Is it true that blondes have more fun? Well, if these girls are anything to go by, they're certainly successful! Reese Witherspoon takes centre stage, while Paris Hilton is one of the support acts.

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TV June

Did Boone make you blush? Out for the evening, but don't want to miss *Lost*'s Boone (Ian Somerhalder) in his new show *Marco Polo* on Sky One? Set your Sky+ to record it to watch later.

MONDAY 11

BRIDE AND JOY

I Do, Let's Eat

7PM UKTV FOOD (259)

A wedding might mean a few vols-au-vent and a bit of a boogie to the Macarena in the UK, but how do couples in other countries celebrate their big days? This show tells all.

Here are a few wedding customs you might not know about...

RUSSIA Everyone throws their champagne glass on the floor. If it breaks, it's good luck for the couple. Bad luck for the person sweeping up.

ITALY Twists of fried dough dipped in sugar called wanda – as in, I wanda how long they'll stay together?

CHINA Delicacies include shark's fin or bird's nest soup, but leave room for a 12-course banquet. That's a lot of washing up.

POLAND The parents give the happy couple some rye bread sprinkled with salt and a glass of wine. We'd prefer a deep-fat fryer.

INDIA The groom's father circles a coconut round the bride and groom's head three times. A bit like Agadoo!

"Race you to the canapés"

Wonder Dogs

7PM ANIMAL PLANET (524)

If 'sit' and 'stay' mean absolutely nowt to your mutt, they certainly wouldn't win this contest. Watch as all breeds of dog battle it out in retrieving, obedience and agility challenges to be crowned champ.

Karen Silkwood

8PM CRIME & INVESTIGATION NETWORK (531)

Since her mysterious death in 1974, the US union activist has inspired anti-nuclear protests and conspiracy theories. This documentary delves into her life story.

Lockdown

9PM NATIONAL GEOGRAPHIC CHANNEL (526)

After the cons are taken down and the prison doors get bolted, what happens? Find out the truth in this hour-long look at gang culture in America's prisons.

Prison Break

9PM FIVE (105)

It's the nail-biting season finale! Abruzzi, Haywire and Tweener are dead; C-Note turned himself in; and Bellick and T-bag got nicked. Now things are about to get tough for Wentworth Miller and his bro...

A BIG THANK YOU

A man who's the very definition of courage

Saving Simon

9PM THE HISTORY CHANNEL (529)

Brave soldier Simon Weston became the most-known name of the Falklands War after suffering horrific burns to his entire face when Argentine jets bombed his ship, RFA Sir Galahad. Here, he pays tribute to the dedicated combat medics, doctors and nurses who saved him by revisiting the hospitals where he received treatment for his injuries.

TUESDAY 12

Temple of the Tigers

9PM ANIMAL PLANET (524)

It's all in a day's work for these Thai monks... prayer, gathering alms, oh, and feeding those big old Bengal tigers who happen to be living nearby! Wonder if they like Frosties...

Road Wars

9PM SKY ONE (106)

Follow the Thames Valley Police as they tackle crime and stop crims out on the streets. You won't believe what work's involved day in, day out for these tireless bobbies on the beat!

Sleeper Cell

10PM FX (179)

Series two of the tense drama about an FBI agent who infiltrates a terrorist cell continues with Darwyn (Michael Ealy) letting the FBI in on a secret – nuclear material is on its way to LA.

Banged Up Abroad

11PM THE BIOGRAPHY CHANNEL (161)

It's every traveller's worst nightmare. You're supposed to be having the time of your life – then you get on the wrong side of the law and wind up in le nick! True stories of paradise turning ugly.

Cupid's getting on a bit

DONAL IS HOT STUFF!

Edge of Existence

8PM FIVE (105)

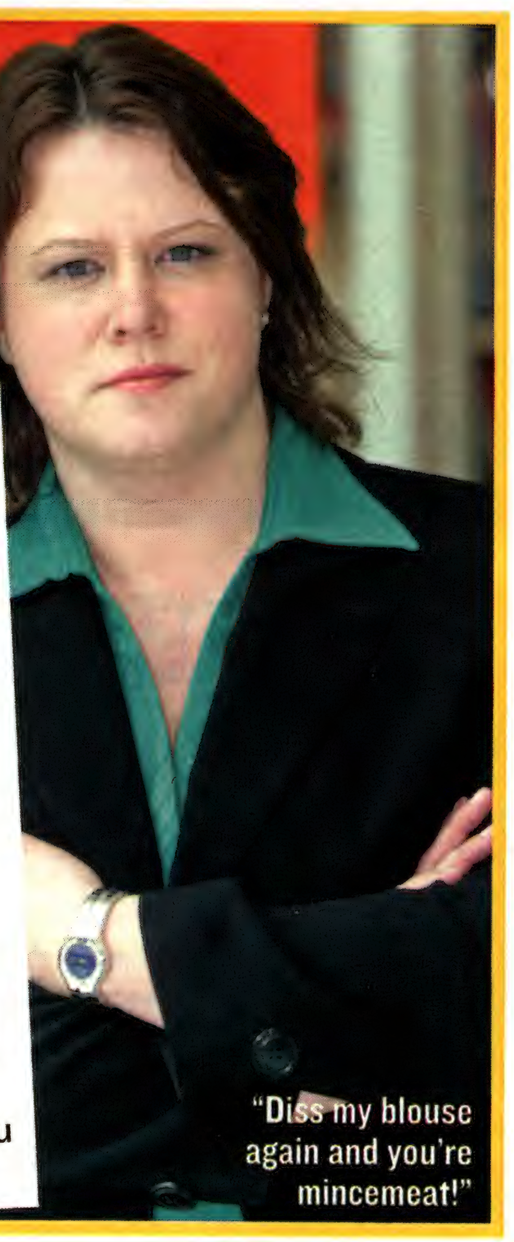
Dishy Donal MacIntyre (above) travels to some of the world's most inhospitable places to witness first-hand how the locals live. Tonight, he's in Oman, southwest Asia, where it hasn't rained for six years! It regularly tops 50 degrees too. Apply that sunscreen!

RAISING THE RUTH!

Badger or Bust

10PM SKY ONE (106)

This is it for all those struggling sales sillies – Ruth Badger has had enough! Tune in for the finale of the ball-bustingly ruthless show as Ruth tries to turn round the fortunes of *Mayhem*, a London-based gadget company, as well as a failing curtain company in Wolverhampton. Will she tell them to pull themselves together, geddit?! When the *Mayhem* manager describes Ruth's visit as "traumatic, disruptive and cathartic", you know you're in for top telly.



"Diss my blouse again and you're mincemeat!"

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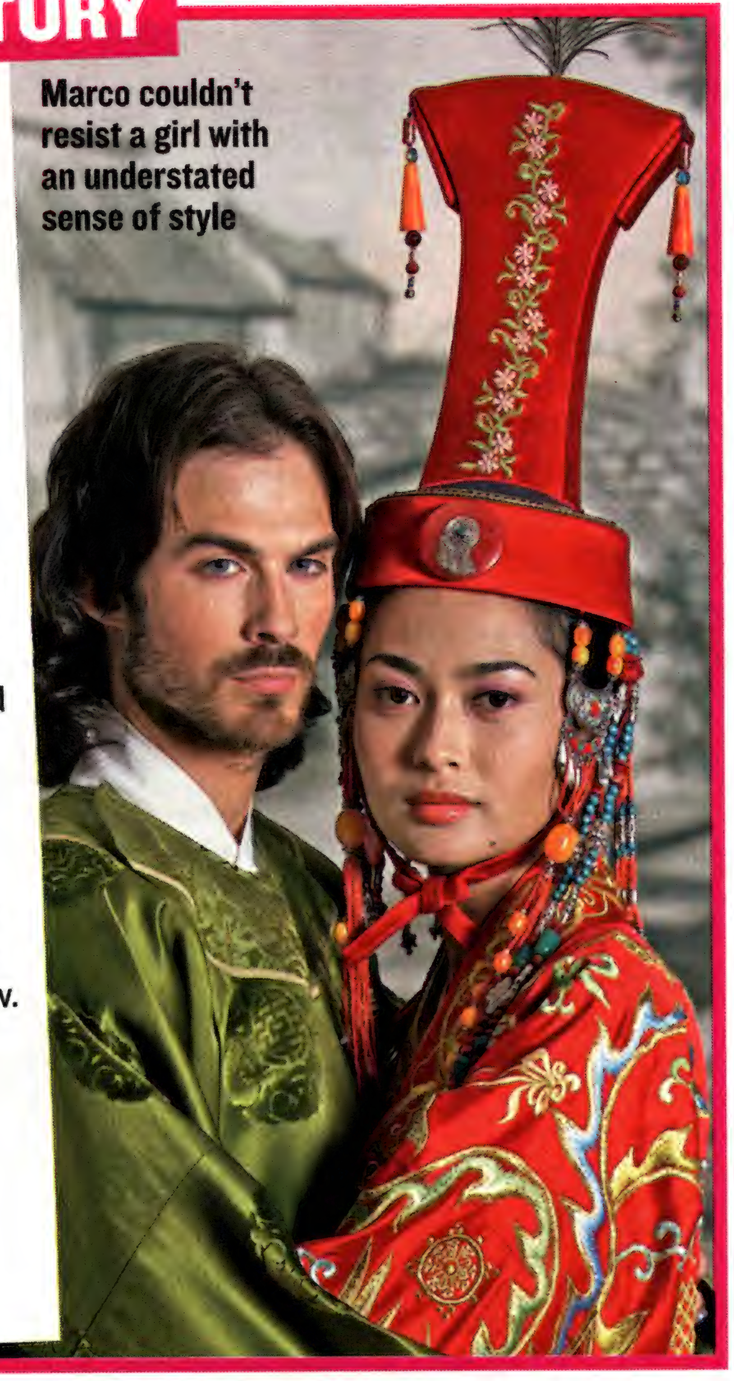
WEDNESDAY 13

SAIL OF THE CENTURY

Marco Polo

9PM SKY ONE (106)/**HD** (197)

NEW SERIES Ian Somerhalder dons an Italian accent and amazing costumes to star as 13th-century explorer Marco Polo in Sky One's opulent two-part series.



Marco couldn't resist a girl with an understated sense of style

We phoned up Ian for a bit of a natter about his new show...

How was it filming in China?

It was pretty amazing. We travelled a lot so we got a good sense of the country. A Hong Kong fight team taught me martial arts. They worked me hard, but at the end of a long day, it's good to be sore!

Are you still in touch with your co-stars from *Lost*?

I talk to Josh (Holloway) and Foxy (Matthew Fox), they fill me in, but I don't get a chance to watch it now.

How does it feel to be the first person killed off on the show?

You know, if I end up a *Trivial Pursuit* question, I'll know I've fulfilled my duty! I think it was pretty beneficial to be the first to go – a lot of doors opened.

Brothers & Sisters

9PM E4 (140)

NEW SERIES Calista Flockhart plays a TV pundit in this compelling new drama about five siblings. This being California, they're all slightly damaged as they struggle to live up to their parents' perfect ideal.

Ocean's Eleven (1960)

9PM TCM (319)

Why rob just one Vegas casino, when you can fleece five? That's what 11 ex-GIs (Frank Sinatra, Dean Martin, Sammy Davis Jr and co) plan to do in this slick thriller. This caper is as cool as they come. (PG)

Dog the Bounty Hunter

10PM BRAVO (121)

The new reality series featuring the short but nonetheless beefy Dog gets off to a sombre start when he needs to find a female fugitive who shares the same birthday as his late daughter Barbara.

The Covenant

SKY BOX OFFICE/HD

Enjoy being scared? Four students at an elite school are bound by a supernatural legacy. When a student is found dead after a party, the foursome must fight to protect their secret. Spooooky! (Sky 12)

BEAUTY AND THE BITCH

Yikes!

Canada's Next Top Model

8PM LIVING (112)

More outrageously beautiful bodies and perfectly groomed ladies prepare themselves for the next series of challenges in their pursuit of the ultimate modelling title. So grab your enormous sunnies, rustle up your naughty salads and settle in ready for all those bitchy hissy fits!

THURSDAY 14

Dragon's Den – Where Are They Now?

9PM UKTV G2 (111)

Find out what happened to the entrepreneurs once they had suffered the dragons' maulings. Did any of them end up needing therapy?!

Falklands: How Close to Defeat

9PM DISCOVERY CHANNEL (520)

British and Argentinian participants discuss how the Falkland Islands could have fallen in this one-off special. *See feature, page 22*

Best of Bones

9PM SKY ONE (106)/**HD** (197)

If you're missing your weekly dose of Booth and Brennan after last month's big finale, catch some more of their best moments tonight, as they puzzle over a body in a burned out car, in glorious HD!

Grey's Anatomy

10PM LIVING (112)

The OR team are challenged yet again, this time by a pregnant woman who needs a Caesarean but is resistant to surgery. Plus there's all the usual romantic angst. How do they find time?

SNAKE IT OR LEAVE IT!

Striker!

9PM NAT GEO WILD (528)

No, it's nothing to do with Premiership forward Wayne Rooney. This superb documentary focuses on the deadly rattlesnake, whose strike is a perfect combination of stealth and surprise. Learn the science behind its attack.

"Hang on a minute, two of the wheels are missing!"

BIKER ROVE

Speedology: Bikes

9PM NATIONAL GEOGRAPHIC CHANNEL (526)

Petrolheads rejoice! This revved-up celebration of all things fast kicks off with worship of the motorcycle (from racing and daredevil, to new inventions – like the drag-racing style bike pictured) and is followed by *Speedology: Cars* at 10pm. Hitch up the sidecar and secure your helmet!

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TV June

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FRIDAY 15

TOO GOOD FOR KIDS!

In the Night Garden 6.20PM CBEEBIES/HD (617)

Alright, we know it's supposed to be for children, but we're hooked on this fab show from the makers of *Teletubbies*. Sing along with Igglepiggle, Makka Pakka, Upsy Daisy and the three Tombliboos in another dream-like wonderland as they journey around their garden in their Ninky Nonk train and their Pinky Ponk airship. Trust us, it's an excellent way to de-stress – oh, and it shuts the little 'uns up too!

CREASE IS THE WORD!

Cricket: England v West Indies

10AM SKY SPORTS 1/HD1 (401/408) LIVE It's the final Test – and England won't have much rest before their next series against India begins at Lord's on 7 July. Why not upgrade to Sky Sports? See top of page

Jericho

8PM HALLMARK CHANNEL (153)

More tension tonight, but that's what we love about this show! There's drama for April as she collapses and goes into early labour, but can Kenchy put aside their differences in her hour of need?

Corwin's Quest

8PM ANIMAL PLANET (524)

Join award-winning animal expert Jeff Corwin as he travels the world, confronting the types of animal behaviours most of us would run a mile from!

The Simple Life

10PM THE BIOGRAPHY CHANNEL (161)

Those crazy socialites Paris and Nicole are back, gadding about the countryside and trying out taxidermy for a living. But is Paris missing her 'normal' life?

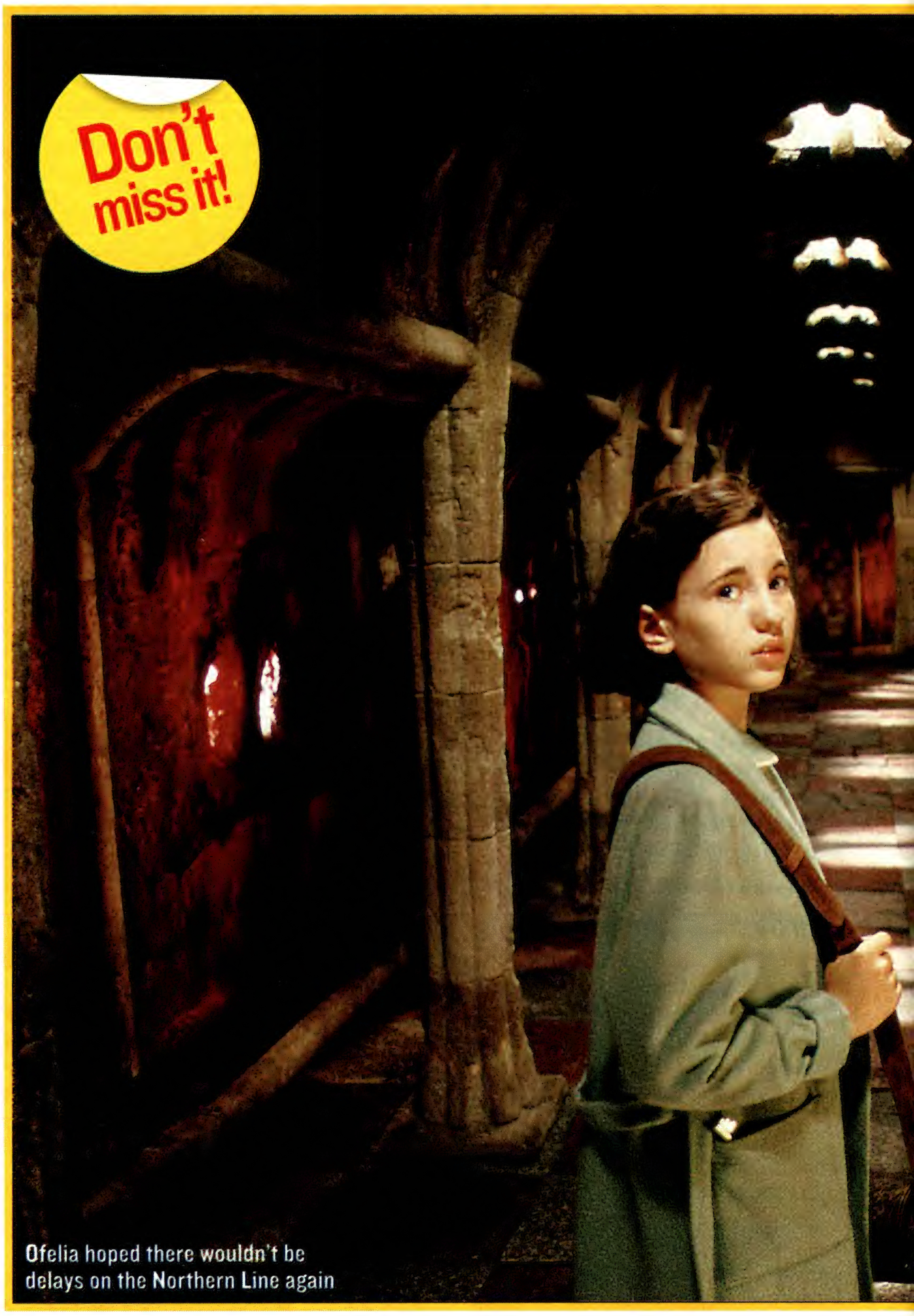
Saw III

SKY BOX OFFICE/HD

More gruesome thrills as the now-injured serial killer Jigsaw is kept alive by a doctor in order to participate in more torture and death games. Hide-behind-the-sofa horror for gore fans. (Sky 18)

PHOTOS: GETTY, ALBUM

SATURDAY 16



Ofelia hoped there wouldn't be delays on the Northern Line again

THE END IS NIGH?

How Long Will You Live?

FROM 9AM SKY TRAVEL (253)

Ever wondered just how healthy you actually are? Dr Mark Hamilton quizzes a series of ordinary people about their lifestyles, including their diet and how much they exercise, to find out what health risks they face. Medical tests show how their bodies have been affected, but when forced to confront the realities, will the participants be able to shape up to possibly save their lives?

Don't step back Dr Mark!

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PAN'S PEOPLE

Pan's Labyrinth

SKY BOX OFFICE/HD

During the Spanish Civil War, an imaginative young girl called Ofelia is sent to live in a rural military outpost with her cruel, fascist stepfather and her heavily pregnant mother. Obsessed with fairy tales, Ofelia is lured to the ruined labyrinth nearby, where she encounters the strange inhabitants that lurk in the shadows. Are the creatures real, or are they just the fantasies of a child who's trying to escape the horrors of war? You decide, in this beautiful and bittersweet mix of history and dark, twisted fantasy from director Guillermo del Toro. (Sky 15)

Here's your guide to who's who...

PAN/FAUN Guardian of the Labyrinth who suspects Ofelia is Princess Moanna – if she is, he wants her to return to the Underworld. He sets her tasks to find out.

TOAD Large, malevolent and greedy, this creature lives within the bowels of a tree. One of Ofelia's tasks is to get a key that's located in his belly – a very messy affair!

THE PALE MAN A white, skeletal man with no features on his face, but his eyes in his palms! He springs to life when Ofelia takes a bite from his feast of food.

CARMEN Ofelia's mother, who insists that fairy tales and fairies do not exist. Pan has a remedy for her real-world illness that Ofelia must place under her mum's bed.

VIDAL Ofelia's cruel stepfather is obsessed with finding the Guerillas who are trying to start a rebellion. Scarier than any monster, he enjoys dishing out serious beatings.

SUNDAY 17

CLOSET ENCOUNTERS

The Clothes Show 6PM UKTV STYLE (256)

Caryn Franklin, Louise Redknapp and Brendan Courtney are here to solve all your wardrobe dilemmas and to bring you the latest news from the high street and catwalks. In 'Stop and Search', Louise grabs stylish shoppers to discover what's in their carrier bags, and in 'Fashionista's Choice', the country's gurus of glamour give their tips for the must-have items of the season. Don't miss!

Hip, hip, hooray!

The Simpsons

FROM 3PM SKY ONE (106)

Woo-hoo! It's a Simpsons Father's Day special, so you know what that means – heaps of Homer! And let's face it, he's a role model for dads everywhere, isn't he?

Beatlemania

7PM THE BIOGRAPHY CHANNEL (161)

Follow the Fab Four's journey from life in Liverpool to when they became global super stars. Finish the night off with Paul McCartney live in concert. Get ready to scream!

THS: Dancing with the Stars

8PM E! (155)

Heather Mills turned her public image around on one of the most talked about shows on US TV. Find out about the show's origins here.

Falklands: The Islanders' War

9PM THE HISTORY CHANNEL (529)

In 1982 Argentinean troops invaded the Falkland Islands. Here, the islanders themselves tell their story.

See our feature, page 22

SPELL-BOUND!

Tori and Dean: Inn Love

6.30PM LIVING (112)

Tori Spelling is pregnant. Her family have disowned her, after her semi-autobiographical TV show, and now she's started up a modern B&B with hubby Dean McDermott. Could it be a recipe for disaster?

Fantastic Four Weekend

FROM 12NOON JETIX (609)

Enjoy a whole two days dedicated to the awesome-foursome! Mr Fantastic, the Invisible Woman, the Human Torch and Thing band together to stop Dr Doom's dastardly plans.

Survival of the Richest

6PM THE BIOGRAPHY CHANNEL (161)

It's like *Big Brother*, but richer! Seven young people, worth a collective $3billion, are paired with seven poor people with a collective debt of $150,000. They must live together and carry out challenges.

Secrets of the Royal Kitchen

8PM UKTV FOOD (259)

Ever wondered what Her Maj likes to munch on? Former Royal Chef Graham Newbould lets you in on some culinary secrets from the House of Windsor – from wedding breakfasts, to what the corgis nibble on!

Moll Flanders

9PM SKY ARTS (267)/**HD** (268)

Alex Kingston laces up her corsets to star as Moll in this classic tale. The daughter of a convict mum, Moll becomes a serial bride, committing adultery and bigamy before turning to crime. A real romp!

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TV June

Are you totally d'oh nuts? Can't get enough of Homer and the gang? Check out the Season 18 gallery at www.skyone.co.uk/thesimpsons for info on all-new episodes and celeb guests.

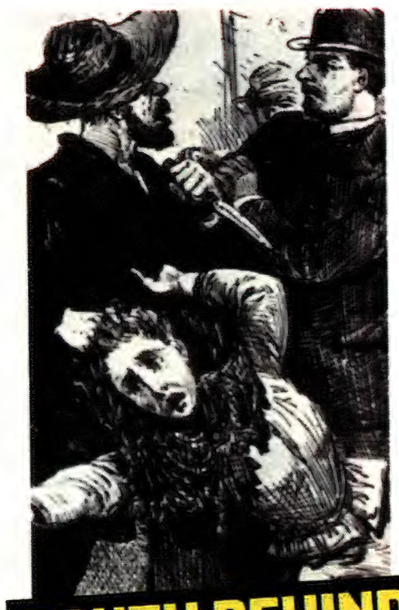
MONDAY 18

Time of Your Life
9PM ITV1 (103)
Emotionally charged drama following a woman who wakes up from an 18-year coma to find that her parents have aged dramatically, her friends are married and her bloke has found someone else.

Heroes
10PM SCI FI (129)
With shocking secrets, reunions and a death packed into this episode of the hit US show (about ordinary folk with extraordinary abilities), you won't even have time to make a cuppa!

Rogue Predators
10PM DISCOVERY CHANNEL (520)
NEW SERIES Follow Dave Salmoni as he gets up-close and personal with the most aggressive animals in the world, including crocodiles, elephants and bears. Rather him than us!

So You Think You're Royal?
10PM SKY ONE (106)
Watch out Your Maj! With nearly half of the UK supposedly related to British Royalty, this series continues to extensively trace family lineage – putting normal folks' claims of royal blood to the test.



TRUTH BEHIND THE MADNESS

Jack the Ripper: The First Serial Killer
8PM CRIME & INVESTIGATION NETWORK (531)
Can modern forensics, criminology and psychological analysis help Scotland Yard's Laura Richards solve one of the most notorious serial murders in history, 119 years on?

ABBEY TALK!

Abbey and Janice: Beauty and the Best
9PM LIVING (112)
It's now or never for model Abbey Clancy in the last episode of this fab series.

ABBEY CALLED US TO TELL US SOME BEHIND-THE-SCENES SECRETS...

So tell us the truth about Janice Dickinson. Is she scary?
I was scared. I needed a thick skin – she constantly shouted at me.

What lessons has she taught you?
Not to put myself down. She's helped a lot with my confidence.

Are you self-conscious about your body?
I hate my feet! And I had to walk down Hollywood Boulevard in a bikini for the show and I thought, 'God, have I got love handles?'

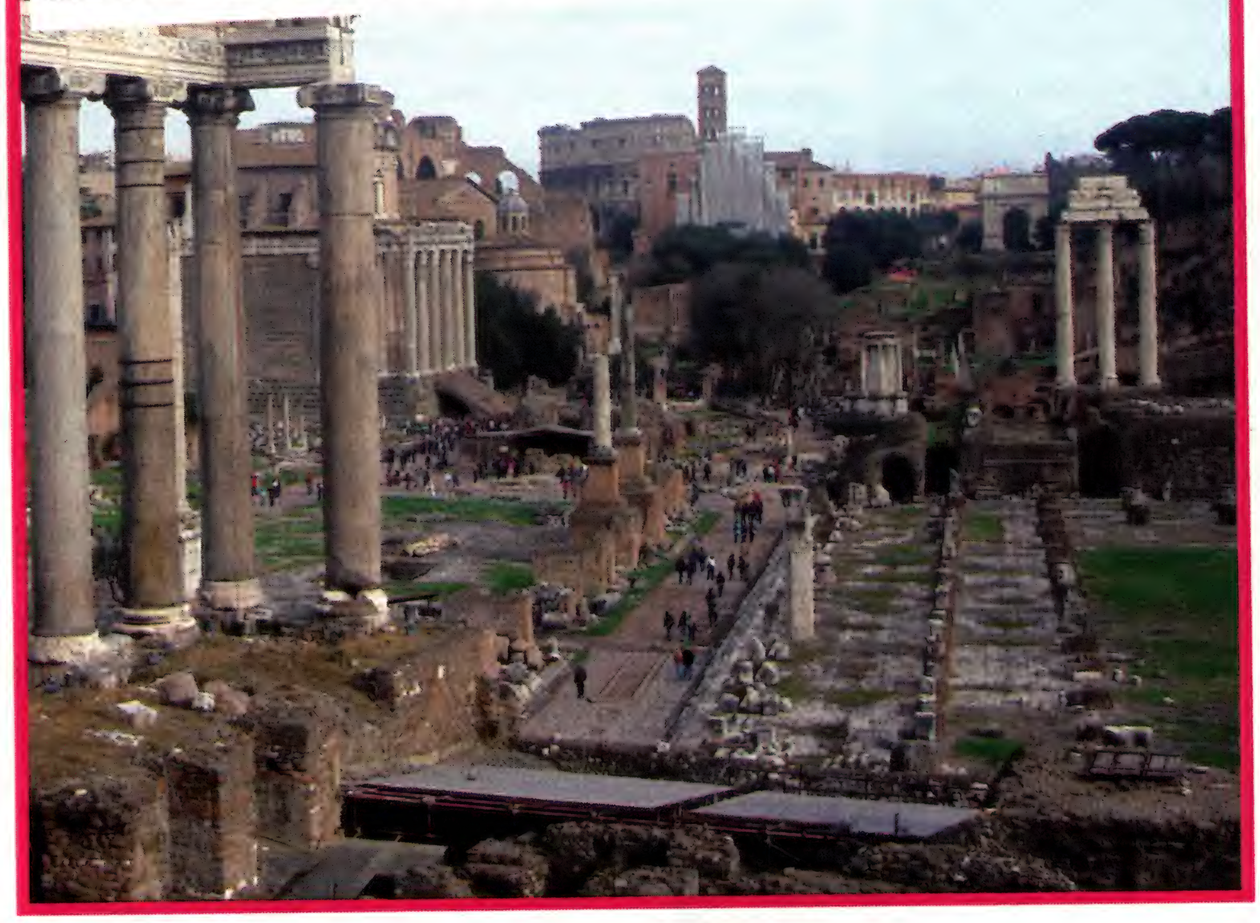
Do you watch what you eat?
Not really. I love cake... and Rich Tea biscuits. I can eat a whole packet!

TUESDAY 19

CAN YOU DIG IT?

Well, they said it was finished in the brochure...

Ancient Discoveries
9PM THE HISTORY CHANNEL (529)/**HD** (545)
Cars, planes, robots and ships... all inventions we associate with our modern times, but were actually more the work of much older brains than we realise. See the proof with archaeological digs in Greece, Egypt and Rome, which show evidence of ancient endeavours and revolutionary study. Grab a trowel and tune in!



Phobia
7.30PM SKY TRAVEL (253)
The new series about people whose phobias have taken over their lives continues. Meet Cheryl Newman, a bacillophobia sufferer. She has a fear of germs and can't leave her house. Flash Wipes, anyone?

NCIS
9PM FX (179)
When a robotic vehicle runs amok and almost kills Abby, the NCIS team must find out who sabotaged it. Meanwhile, Ziva has cottoned on to Tony's frequent trips to the hospital, but what's he doing there?

Syed Ahmed – Hot Air?
10PM SKY ONE (106)
Special one-off documentary on *The Apprentice* star. He may have lost out in a head-to-head with Ruth Badger but with his latest invention, he claims that towels will be made redundant for ever!

Extreme Makeover: Home Edition: Ty's Top Moments
11PM UKTV STYLE (256)
Ty Pennington hosts a special, showing off his best moments from the hit show. Which was his favourite house, and what were the most memorable moments?

CHILLING STUFF!

Most Haunted: Midsummer Murders
9PM LIVING (112)
Is it me, or did it just get much colder in here?! Prepare to be spooked with Yvette and her increasingly jumpy team of investigators as they check every bump and creek at apparently haunted locations around Britain. *See our feature, page 12*

PHOTOS: GETTY, CAPITAL, ALAMY, BEN TURNER, REX

Want to visit the island where *Lost* is filmed? Win a Wonder Perk and you and

WEDNESDAY 20

King Arthur

9PM NATIONAL GEOGRAPHIC CHANNEL (526)

He's the greatest of British heroes, but is the story of King Arthur and the Round Table true? This documentary aims to find out the real story.

Marco Polo

9PM SKY ONE (106)/**HD** (197)

The Venetian explorer, played by sexy ex-*Lost* star Ian Somerhalder, continues his travels across the desert in the hope of reaching China – with a few shenanigans along the way.

Peter Benchley's Creature

10PM SCI FI (129)

The miniseries about a horrific shark-like creature that terrorises a top-secret military base continues. *Sex and the City*'s Kim Cattrall (Samantha) stars. Not sure your Manolos are going to help you here!

Big Nothing

SKY BOX OFFICE/HD

Friends star David Schwimmer is Charlie, a man who loses his job and resorts to blackmail in order to make some cash. But his big scam goes awry! *Hot Fuzz*'s Simon Pegg co-stars. (Sky 15)

SIMPLY THE CHEST!

Nightmares & Dreamscapes

9PM SCI FI (129)

Another edge-of-your-seat offering from the pen of Stephen King. A husband and wife team up to recover a treasure chest, but first they have to get hold of the map, work out exactly where it is... oh, and bump off any rivals.

CALISTA'S CLAN

Brothers & Sisters **9PM** E4 (140)

Calista Flockhart's TV return continues apace. For any latecomers to this fab new series, the talented former *Ally McBeal* star plays a prissy radio DJ called Kitty, whose well-to-do family life is thrown into turmoil when her dad is found dead in the pool. She and her siblings are forced to pull together to fill the power-vacuum in the family business – but soapy cattiness ensues. Tonight, the terms of dad's will threaten to tear the clan apart, but the disappearance of troubled brother Justin (Dave Annable) forces everone to band together to try and find him. Super-slick stuff.

THURSDAY 21

HORN TO BE WILD!

Saba and the Rhino's Secret

9PM ANIMAL PLANET (524)

Black rhinos are best known for being big-horned, bad-tempered blighters that roam the Namib Desert. Sadly, they've been poached to near extinction. So very little is known about the animal's lifestyle – especially what it does at night. Now animal expert Saba Douglas-Hamilton brings us the secrets of their nocturnal world in this amazing documentary.

See our feature, page 36

Some rhino secrets you may not know:

- Rhinos are short-sighted by day but have fantastic vision at night-time.
- Rhinos sleep alone during daylight hours but after dark, they meet up for fun and courtship.
- It's a long wait for rhino mums, who are pregnant for 15 months.
- Though they may look clumsy, these incredible beasts can reach speeds of more than 50km per hour.
- Adults can weigh up to 1.5 tonnes.

Jaguar XKR

8PM NATIONAL GEOGRAPHIC CHANNEL (526)

A look behind the scenes at Jaguar as it launches a new model, trying to keep the classic look but with modern stylings. You'll want to sell your Renault Clio after this!

The Pelican Brief

9PM TCM (319)

This gripping thriller stars Julia Roberts as a wily law student who goes on the run after finding evidence of a conspiracy surrounding the deaths of two Supreme Court justices. Can she expose the truth?

Grey's Anatomy

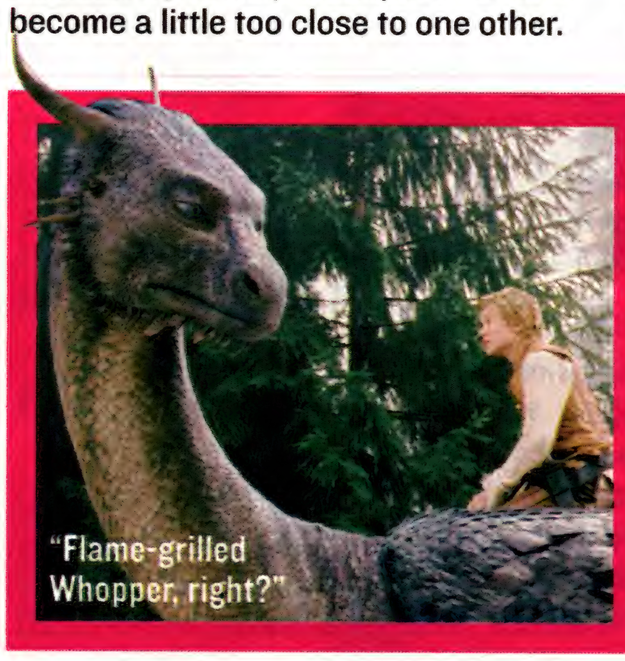
10PM LIVING (112)

There are revelations a-plenty this week when Derek learns one of Addison's secrets. Meanwhile, Meredith and Addison try to help a couple who have become a little too close to one other.

Cold Case

10PM SKY ONE (106)

We just love this show's eclectic soundtrack and all of tonight's music comes from global megastars U2. The team investigates two murders that both happened at 8.03am precisely.



DRAGON'S DEN

Eragon **SKY BOX OFFICE/HD**

Fantastical romp as teen boy Eragon (Ed Speleers) finds an egg and rears a pet dragon (voiced by Rachel Weisz), who draws him into an adventure to rescue a beautiful princess and end the reign of an evil king (John Malkovich). *The Lord of the Rings* it ain't, but it's certainly fun nonetheless. (Sky PG)

a friend could soon be jetting off to Hawaii. Go to sky.com/perks to enter.

TV June

See every bit of *Confetti*! Catch all the wedding woes in the hilarious Martin Freeman comedy *Confetti* on Sky Movies. To upgrade to Sky Movies, call 08705 80 08 02

FRIDAY 22

Crash Test Dummies

8PM SKY ONE (106)/**HD** (197)

Comedians Dan Wright and Steve Marsh are about to hang up their boiler suits and depart the crazy world of crash-testing, so tune in to catch their last, mad episode!

Deadlocked

8.30PM MOVIES 24 (329)

CSI: Miami's David Caruso stars in this tense thriller. When a dad fears his son is being framed for murder, he takes an entire jury hostage and demands the crime be reinvestigated.

Medics

FROM 9PM NATIONAL GEOGRAPHIC CHANNEL (526)

Life is never dull for Rob Dawes, a trauma doctor from Southampton, who is always the first medical professional at the scene of a crisis.

Family Guy

11PM FX (179)

More cartoon family capers from the creator of *King of the Hill* as the dysfunctional Griffin family (and their clever dog) continue to muddle through life. Hilarious.

HIDDEN HITLER

The Private Life of Adolf Hitler

9PM THE HISTORY CHANNEL (529)

Hitler was keen on home movies and here we get previously unseen footage of the Nazi tyrant relaxing with infamous colleagues such as Heinrich Himmler. Compelling.

TAKING THE FALLOUT

Jericho **8PM** HALLMARK CHANNEL (153)

The tension in Jericho is near boiling point as the residents feel the hardship of winter, with provisions running out following the nuclear explosions. Gray (Michael Gaston) becomes jealous that the refugees are getting more than they deserve, and takes drastic action. Jake (Skeet Ulrich) has got his work cut out again in another thrilling episode.

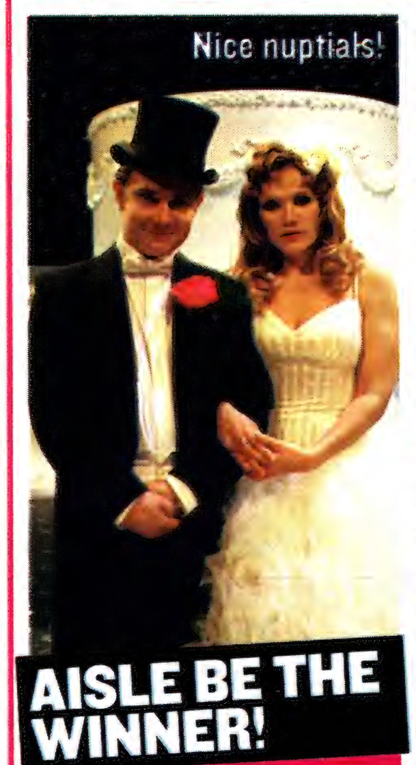
PHOTOS: GETTY, LANDOV

SATURDAY 23

CALLING TIME!

Doctor Who **6.35PM** BBC ONE (101)

If, like us, you're dreading the finale because it'll mean Saturday nights without the Doc and his sidekick Martha, take heart. Creator Russell T Davies' has decided to bring back one of the good Doc's biggest foes for an intergalactic showdown. "It's an epic and heartbreaking story," says Davies. In fact, 'Whovians' will have probably guessed that it's a real 'Master'-stroke!



AISLE BE THE WINNER!

Confetti

8PM SKY MOVIES PREMIERE (301) & SKY MOVIES PREMIERE +1 (302)
9PM SKY MOVIES **HD1** (311)

Martin Freeman and Jessica Stevenson lead a great British cast in this mockumentary about a wedding competition. (Sky 15)

War Weekend

FROM 5AM TCM (319)

Tune in for back-to-back wartime favourites, such as *Objective, Burma!* and *Where Eagles Dare*, starring Clint Eastwood, as TCM dedicates a whole weekend to combat classics.

Beat the Bailiff

FROM 9AM SKY TRAVEL (253)

Debt-busters attempt to help those who can't seem to stop spending their pocket money! Perhaps those bailiffs knocking at the door will help them curb their habits?

Yin Yang Yo!

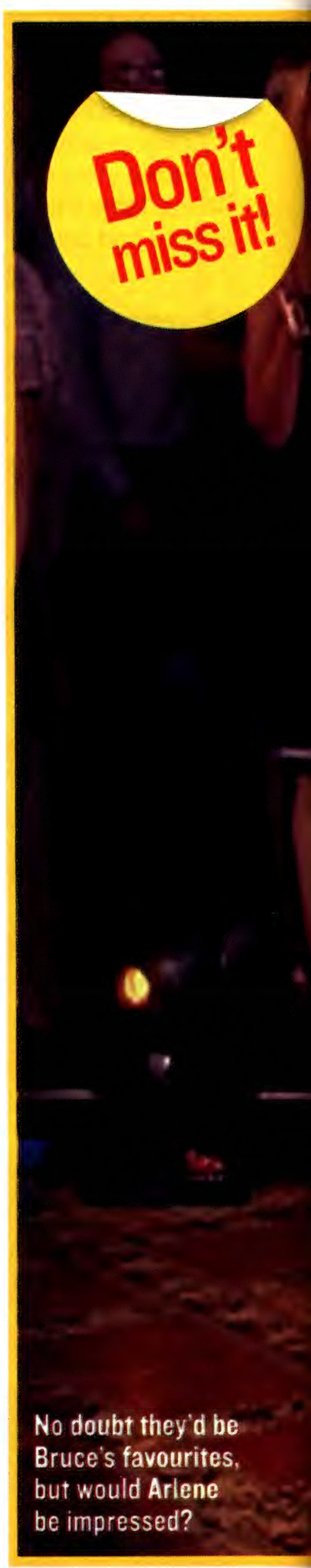
9.30AM JETIX (609)

The noisy rabbits Yin and Yang are back in all new adventures. They need to foil the Night Master's nefarious plans and then achieve Woo Foo star-status.

Lake Placid

11PM SCI FI (129)

Fun creature feature starring Bridget Fonda, about a beauty spot being terrorised by a big old people-munching crocodile. Can the croc-catchers nab it? And will they have a big enough net?



Want to 'pimp your ride'? Win a Wonder Perk and your car could be transformed

SUNDAY 24

TAKE YOUR PARTNERS...

First Dance 7PM UKTV STYLE (256)

The series continues with the emotional journey of 15 couples who've set out to learn a choreographed dance routine in time for their wedding day. The camera captures their secret rehearsals, wedding preparations and finally, the dance itself on the big day! Can they pull it off, or will those pesky two-left feet get in the way? And just how do you dance in a big old meringue from Pronuptia?

First-dance tracks range from the moving to the cheesy to the bizarre – but what are the top ten songs that British couples sway to as their family and friends look on? Well, according to an online poll of 1,300 wedding DJs...

1. *I Don't Wanna Miss a Thing* by Aerosmith
2. *(Everything I Do) I Do It For You* by Bryan Adams
3. *Amazed* by Lonestar
4. *You're Still the One* by Shania Twain
5. *From This Moment* by Shania Twain
6. *Have I Told You Lately* by Van Morrison
7. *You're Beautiful* by James Blunt
8. *Truly Madly Deeply* by Savage Garden
9. *Angels* by Robbie Williams
10. *I Will Always Love You* by Whitney Houston

MIGHTY MICE

Mouse: A Secret Life

8PM ANIMAL PLANET (524)

This documentary reveals a side to the humble mouse that you've never seen before. Meet the wild forest mice who live in trees, the country mice who must avoid the tractors, and the city-slicker mice, who enjoy the high life in our homes. You'll be amazed at how these tiny rodents survive by outwitting their enemies – escaping from danger and performing daredevil acts as they go. Awh. Still, wouldn't want one in our pantry...

Bad Girls Club

6PM LIVING (112)

The seven bad girls continue living together and try to complete their goals without killing each other in this reality show. Expect loud cat fights and bitching about who didn't wash the grill pan.

Chicks with Attitude

7PM THE BIOGRAPHY CHANNEL (161)

Come on, girls! Burn your bras and enjoy an evening dedicated to feisty females, including blonde bombshell Cameron Diaz, *Alien*'s Sigourney Weaver, *Kill Bill*'s Uma Thurman and fiery Angelina Jolie.

101 Sexiest Celebrity Bodies

FROM 10AM E! (155)

You will be drooling over this countdown array of famous men and ladies with hot bods. Who'll be number one and will Andrew Lloyd Webber be in there?!

Braveheart

9PM SKY ONE (106)

Before Mel Gibson started swearing at police officers, he made this stirring Oscar®-winning biopic of legendary Scottish freedom fighter William Wallace. An inspiring epic. (Sky 15)

by the *Pimp My Ride UK* team from MTV! Go to sky.com/perks to enter.

TV June

Never miss the action! Out for the evening, but don't want to miss Vic Reeves in the latest explosive series of *Brainiac: Science Abuse* on Sky One? Set your Sky+ to record it to watch later

MONDAY 25

Screen Sirens

6PM THE BIOGRAPHY CHANNEL (161)

A tribute to some of the greatest female film stars, from Katharine Hepburn and Joan Crawford to Betty Grable and Greta Garbo.

50 Most Shocking Celebrity Scandals

9PM E! (155)

Get ready to cringe at the unbelievable situations only the rich and famous would ever find themselves in.

Private Life of the Pharaohs

9PM UKTV HISTORY (537)

Some of the intriguing mysteries that still surround the Egyptians are revealed in this fascinating hour-long documentary.

Project Runway

9PM SKY ONE (106)

Heidi Klum brings us another instalment of wannabe clothes designers battling it out to win the $100,000 booty and a new car. Nothing short of perfection will do.

FRAUDIAN SLIP

Stealing Lives

9PM CRIME & INVESTIGATION NETWORK (531)

As more people become victims of identity fraud, this drama delves into the world of the criminals responsible. Based on detailed research, it is the story of an elaborate set-up by a gang and the investigation to catch them.

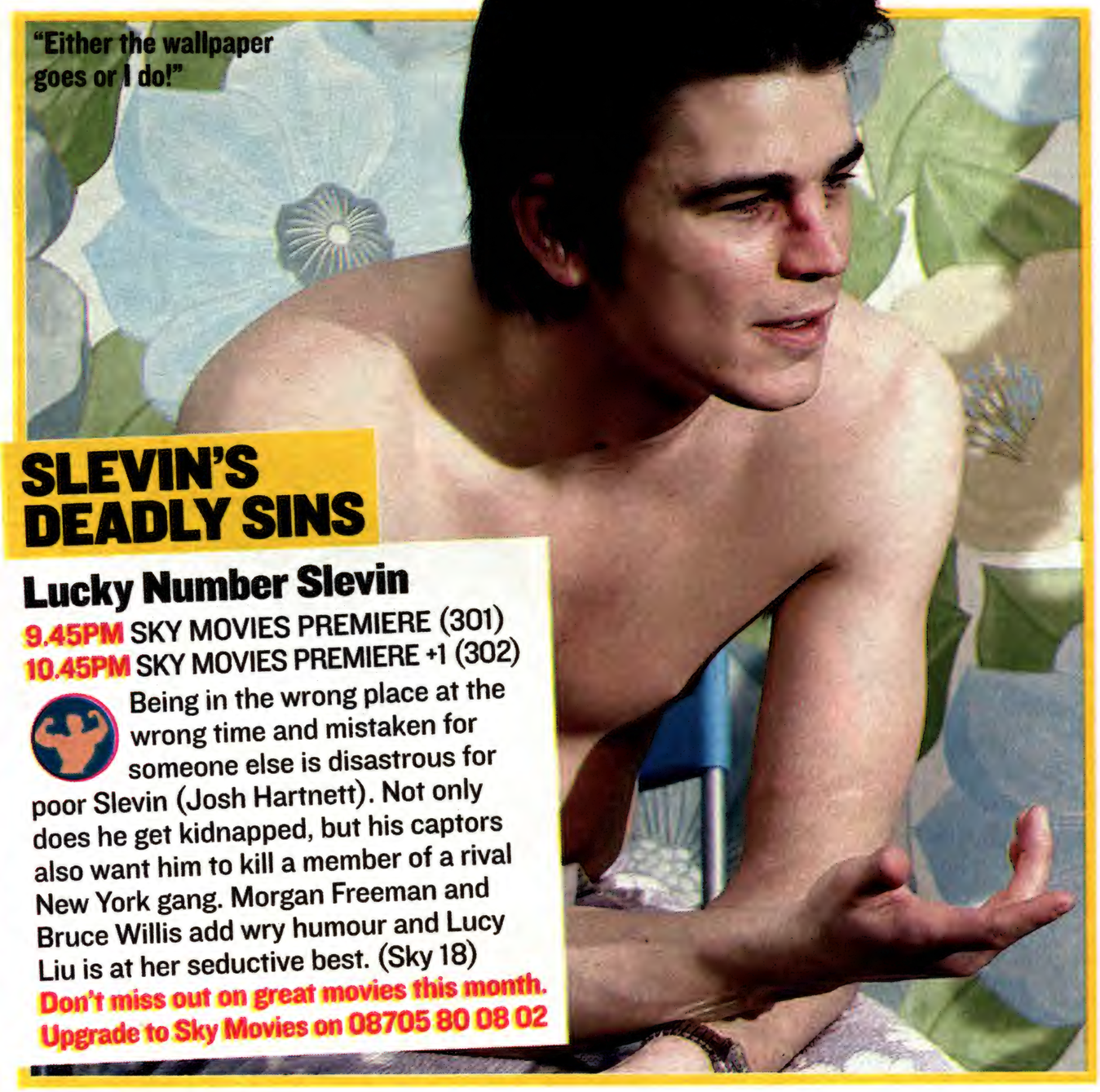
CREAM OF THE CROC

Dangerous Encounters

10PM NAT GEO WILD (528)

Using laser technology, reptile expert Dr Brady Bar searches the Nile for the largest crocodile he's ever captured. But to make sure the readings are accurate, he has to don a crocodile suit to capture the 5.5metre reptile. Rather him than us!

TUESDAY 26



SLEVIN'S DEADLY SINS

Lucky Number Slevin

9.45PM SKY MOVIES PREMIERE (301)
10.45PM SKY MOVIES PREMIERE +1 (302)

Being in the wrong place at the wrong time and mistaken for someone else is disastrous for poor Slevin (Josh Hartnett). Not only does he get kidnapped, but his captors also want him to kill a member of a rival New York gang. Morgan Freeman and Bruce Willis add wry humour and Lucy Liu is at her seductive best. (Sky 18)

Don't miss out on great movies this month. Upgrade to Sky Movies on 08705 80 08 02

Apes in Danger

8PM UKTV DOCUMENTARY (532)

There is plenty of monkey business in this three-part look at the threats facings the world's chimps, orang-utans and gorillas. Jane Goodall investigates the falling numbers of chimps in Africa.

Exposed

8PM LIVING (112)

More behind-the-scenes footage of the stars as they go about their glamorous lives. Yes, they have fame and fortune, but those pesky papper-snappers just won't leave them alone!

Brainiac: Science Abuse

8PM SKY ONE (106)/**HD** (197)

Doing experiments has never been more fun, or more destructive. Those crazy Brainiacs willing to do anything in the name of science. Pop on your goggles and prepare for some explosive science action.

Sleeper Cell

10PM FX (179)

Following two bombs in Los Angeles on 4 July, Darwyn (Michael Ealy) and the FBI team decide to take action – leading to a tragedy that leaves Darwyn blaming himself.

DUDE LOOKS LIKE A LADY!

The Real Mrs Doubtfire

10PM SKY ONE (106)

In March last year, two small children from Tennessee were allegedly snatched by their nanny, Erika Sadowski, prompting a nationwide manhunt. 'Manhunt' turned out to be right. When cops caught up with Sadowski 'she' was actually a 'he' – real name Edward Sadowski. This absorbing documentary talks to those at the centre of the case.

PHOTOS: ALLSTAR, AQUARIUS, ALAMY

Dream of swimming with dolphins? Win a Wonder Perk and you could be jetting

WEDNESDAY 27

The National Trust's Climate Change Exhibition

8.50PM SKY ARTS (267)

Ten of the UK's top photographers document how climate change is affecting Britain's countryside.

50 Terrible Predictions

9PM SKY ONE (106)

Angus Deayton casts his wry eye over a list of prophecy shockers, including Margaret Thatcher predicting there would never be a female prime minister of Britain.

Britain's Lost Mega-Fortress

9PM THE HISTORY CHANNEL (529)

Get the family toga-ther for this detective-like investigation into the true extent of ancient Rome's military ambitions in Europe.

Born Romantic

9PM TCM (319)

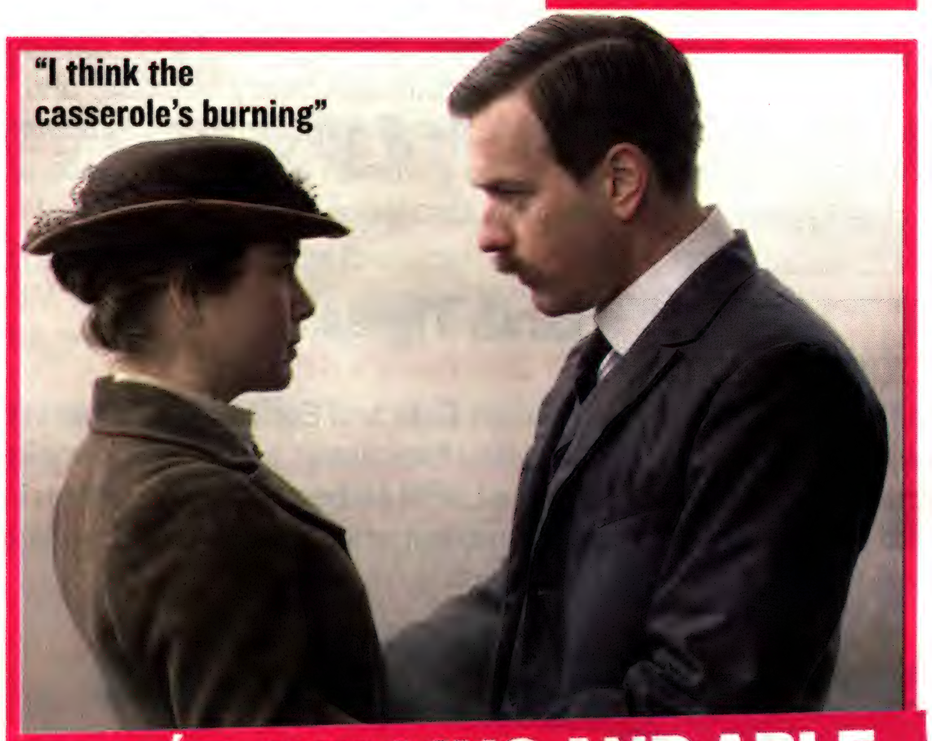
Quirky comedy, set around a salsa club in East London, following the romantic stories of three boys and three girls. A great cast includes David Morrissey and Jane Horrocks.

IT'S A REAL DOG'S LIFE

Dog the Bounty Hunter

10PM BRAVO (121)

Duane 'Dog', Chapman, the verbally challenged fugitive tracker, finds himself struggling with two of his great enemies in this hour-long episode of the crime-busting reality show. As ever, wife Beth can't help but get in on the act.



RENÉE, WILLING AND ABLE

Miss Potter SKY BOX OFFICE/HD

Renée Zellweger pops a plum in her mouth (again) and teams up with Ewan McGregor (again) to portray Beatrix Potter, the brains behind Peter Rabbit and Jemima Puddle-Duck. Bea's parents are wealthy socialites, exasperated with their 30-year-old daughter who keeps turning down eligible bachelors! Can she escape and find love and success? (Sky PG)

THURSDAY 28

HIPP, HIPPO, HOORAY!

Jessica The Hippo

9PM ANIMAL PLANET (524)

Think your pet's a handful? Try going walkies with hefty hippo Jessica, who sleeps on a double bed, gulps 10 litres of coffee a day and has broken most of the lounge furniture. Zambian game warden Tonie Joubert rescued Jessica as a newborn after she had been washed down river from her mum and has brought her up in his home. Now a teenager, Jessica is a celebrity and regularly swims and plays with visitors and trots around after her 'Dad'. It's an irresistible sight to see the 700 kilo cutie cheekily unlock doors with her teeth while Tonie's out in order to sneak onto his comfy bed. Unmissable!

A&E

9PM DISCOVERY REAL TIME (250)

Fascinating fly-on-the-wall action for medical hounds as the cameras follow the daily lives of patients and busy staff of Coventry University's busy A&E department.

Maybe Baby

9PM TCM (319)

Directed by Ben Elton, this comedy is sure to tickle your funny bone. Joely Richardson and Hugh Laurie star as a couple who, despite otherwise happy lives, are lacking the one thing they want the most – a child.

The Trouble with Sleep

9PM UKTV PEOPLE

For thousands of Brits, suffering from night terror or acting out of dreams is a common occurrence. Night filming reveals the sleeping habits of four adults. Will they get a good night's sleep in the end?

Kenny vs Spenny

10.30PM FX (179)

Join these crazy best buds as they compete in ludicrous, immature, but intense contests, designed to bring out the best and worst in each other! Who will win? Kenny is a schemer, but Spenny will do anything to win.

CHILD'S PLAY

Little Children

SKY BOX OFFICE/HD

Kate Winslet is so good in this scorching domestic drama you'll wonder how she didn't nab the Oscar® earlier this year. She plays a bored young mum who begins an affair with a buff local house hubby (Patrick Wilson), with explosive results. Sharp, funny, and heartbreaking – this is must-see viewing. (Sky 15)

off to Florida for the experience of a lifetime. Go to sky.com/perks to enter.

Sky Box Office

Whatever kind of movie you're in the mood for – there's something on this month!

FEEL LIKE SOME LAUGHS?

NIGHT AT THE MUSEUM

ALSO IN HD The new night-security guard (Ben Stiller) at New York's Museum of Natural History is shocked to discover that the exhibits actually come alive at sunset. Well, you would be, wouldn't you?! A hugely entertaining treat for the whole family, this romp is bursting with star cameos – including Ricky Gervais as the Museum Director – and has great bonkers moments such as a T-Rex skeleton going on the rampage across Central Park. Fab fun. (Sky PG) (1hr 45mins)

FANCY A GOOD BLUB? THEN WATCH

MISS POTTER

ALSO IN HD Renée Zellweger and Ewan McGregor enjoyed working together so much on *Down With Love* that they got up close and personal again for this romantic outing. It's a sweet but – be prepared – sad period lovefest. Renée plays spinster Beatrix Potter, who appalls her social-climbing parents with her plans to forge a career as a children's author, and ends up falling for novice publisher Norman (McGregor). A charming visual treat. (Sky PG) (1hr 29mins)

IN THE MOOD FOR A SAUCY DRAMA? THEN WATCH:

LITTLE CHILDREN

ALSO IN HD Bored housewife Sarah (Kate Winslet) has a husband who's addicted to porn, while her dreams of becoming a writer are fading fast. But after meeting under-the-thumb house husband Brad (Patrick Wilson) in the local playground, she begins a passionate affair that has devastating results. This fascinating suburban tale is saucy, searing and, at times, a little unnerving – Winslet was unlucky to miss out at the Oscars®. (Sky 15) (2hrs 12mins) (L,M,S)

Sky Box Office Key to codes L: Strong language M: Mature themes S: Scenes of a sexual nature V: Violence

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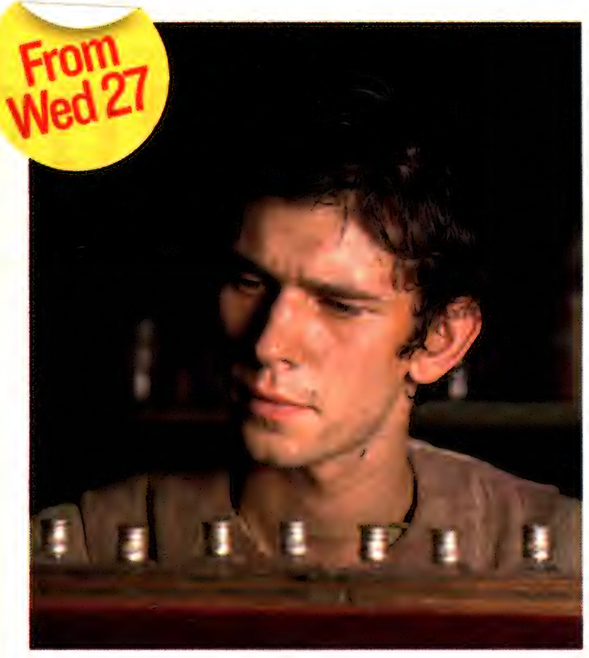


ON THE SCENT OF A THRILLER? THEN WATCH:

PERFUME: THE STORY OF A MURDERER

ALSO IN HD Lush adaptation of the best-selling novel about a French fella with an incredible sense of smell (Ben Whishaw), whose quest to find a perfect scent leads him on a killing spree. (Sky 15) (2hrs 22mins) (S,V)

LOOKING FOR GRUESOME CHILLS? THEN WATCH:

SAW III

ALSO IN HD Prank-playing serial killer Jigsaw is at death's door, but he's back for a third instalment of torture in this seriously grisly horror. Kept alive by a kidnapped doctor, Jigsaw still enjoys a bloody game or two. Keep a cushion handy! (Sky 18) (1hr 49mins) (L,V)

Or try these out...

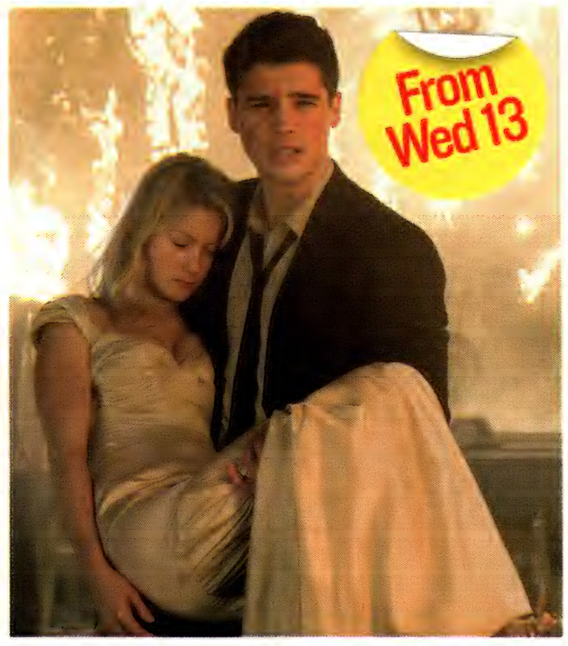
FARCE OF THE PENGUINS

Samuel L Jackson narrates a *March of the Penguins* spoof as the little black-and-white critters hang out and try their best to pull girlfriends. Whoopi Goldberg and James Belushi are among the stars lending their vocal talents. (Sky 15) (1hr 17mins) (L,S)
From Wed 6

ENJOY YOUR DRAMA GRITTY? THEN WATCH:

HARSH TIMES

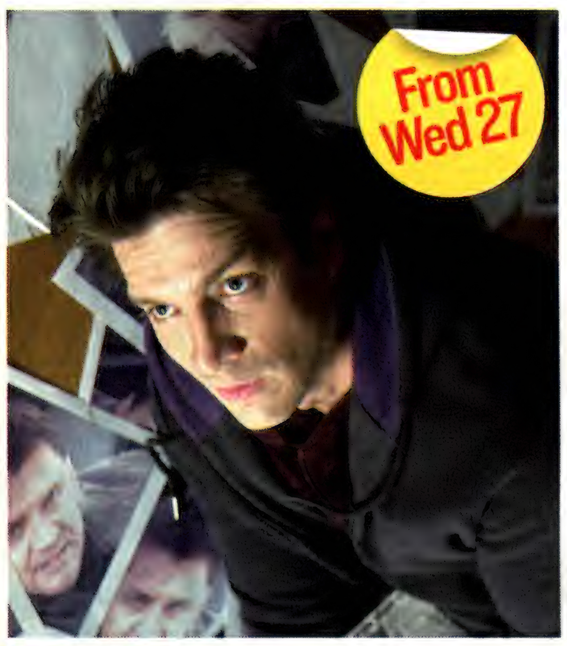
ALSO IN HD Christian Bale delivers a great performance as a Gulf war vet who slips into a life of crime while trying to find work so he can get married. Eva Longoria and *Six Feet Under*'s Freddy Rodríguez co-star in this intense character study. (Sky 15) (1hr 51mins) (L,M,V)



READY FOR SOME DARK MAGIC? THEN WATCH:

THE COVENANT

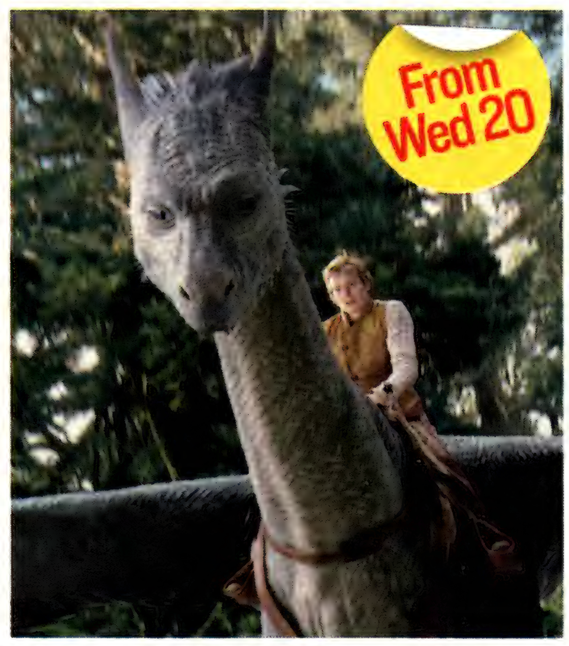
ALSO IN HD A gang of teenage warlocks at a posh boarding school find themselves caught up in a seriously supernatural set-to when a new kid arrives to challenge their power. Settle yourself down and watch some 'wizard' action. (Sky 12) (1hr 34mins) (V)



FEEL LIKE BEING SPOOKED? THEN WATCH:

WHITE NOISE: THE LIGHT

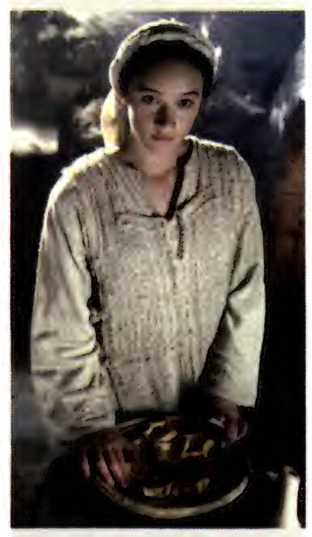
ALSO IN HD A man loses his family and is brought back from the brink of death after an accident, but then realises he can identify people who are about to pop their clogs. Jumpy frights abound. (Sky 15) (1hr 35mins) (V)



LOVE SWORDS AND SORCERY? THEN WATCH:

ERAGON

ALSO IN HD Magical kids fantasy about a farm boy who discovers an egg that hatches into a fire-breathing dragon (voiced by Rachel Weisz). The winged beastie whisks the youngster off on an adventure in which he must battle to end the reign of a wicked king. (Sky PG) (1hr 40mins) (V)



THE NATIVITY STORY

The age-old story of Mary (*Whale Rider* star Keisha Castle-Hughes) and Joseph's arduous journey to Bethlehem for the birth of Jesus is classily dramatised in this inspiring movie. Ciarán Hinds co-stars. (Sky PG) (1hr 37mins)
From Wed 6

AFTER OUTSTANDING FANTASY? THEN WATCH:

PAN'S LABYRINTH

ALSO IN HD The inventive, tale of a young girl escaping 1940's fascism in Spain by entering her own fantasy world. Winner of three Oscars® – and rightly so – it's bonkers, moving and unmissable. (Sky 15) (1hr 59mins) (L,V)

IN NEED OF A BLACK COMEDY? THEN WATCH:

BIG NOTHING

ALSO IN HD Down-on-his-luck teacher Charlie (David Schwimmer) gets involved in a seemingly foolproof scam with aspiring con artist Gus (Simon Pegg). They set out to blackmail a porn-loving man of the cloth, but the scheme soon unravels spectacularly. (Sky 15) (1hr 22mins) (L,S,V)

ALSO IN HD

Sky Box Office movies in High Definition are available to Sky HD subscribers on SBO HD1 and SBO HD2 (channels 756 and 757) – check your on-screen Sky guide for schedules. They cost the same as regular Sky Box Office screenings (and you also get access to Standard Definition showings of that film on the same day) – £3.95 each when ordered using your remote control, and can be stored for later using Sky+. Remember, you only pay when you hit 'play'.

PHOTOS: AQUARIUS, ALLSTAR

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1 Ask your friend to join Sky TV by calling **08702 407 721,** quoting **'IAF 07'** before 30 June.

2 Then you call **08702 412 939** to register, quoting **'vouchers'** before 31 July. You will also need your own and your friend's contract numbers.

3 Once your friend has Sky TV installed, we'll send you both your vouchers.

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Free Sky box must be connected to a fixed telephone line for 12 months. Non-standard installation may cost extra. You must get any consents required (e.g. landlord's). Minimum subscriptions 12 months. You must be 18 years or over. Prices, channels/programmes subject to change. Further terms apply. Information only applies to residential customers in UK, Channel Islands and Isle of Man. **Sky Broadband:** Minimum subscription to your chosen Sky Broadband product is 12 months. You must be a UK active residential Sky TV subscriber throughout your Sky Broadband subscription. Availability and speeds are subject to your location, compatible line and equipment and survey. Network coverage is currently 50% of UK population due to rise to 70% by July 2007. Monthly usage limit Base 2GB. **Sky Talk:** Only available to Sky digital subscribers paying their subscription by direct debit/continuous credit card mandate. Not available to BT Light Users or if outgoing calls are barred. Calls to emergency numbers, BT Operator Services and some internet calls are provided by BT, not Sky Talk. Codes of practice for sales and marketing premium rate/NTS services can be found at sky.com/skytalk. Eligibility and other terms apply. Prices subject to change. Information correct at print April 2007. Calls cost up to 8 pence per minute for BT customers. Calls from other providers may vary.

My perfect night-in

Myleene Klass

The ex-Hear'Say singer, jungle star, M&S model *and* mum-to-be is Sky's new HD test-card girl. So what's her top TV night in?

What's your tipple?
I love red wine but I've just got some optics at home so I've got my own little bar and we mix cocktails. On a girlie night at mine we make Snowballs. The cocktails will have to be non-alcoholic now, since I've got a baby on the way!

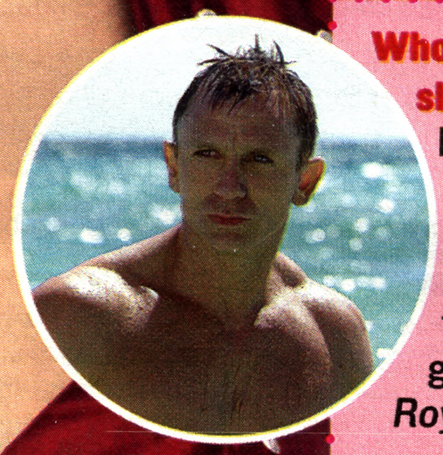
What shows are your guilty pleasures?
I love chat shows like *Trisha* and especially Tyra Banks, who is a legend. My mate Lauren Laverne and I always say if we get stuck, 'What would Tyra do?' I love *Only Fools and Horses* (daily, UKTV Gold, 109), because Graham and I can watch that together.

> "I still love reality shows – even though I was on *I'm a Celebrity*"

Who would be with you?
I'd get the girls round and we'd talk about boyfriends, clothes and who's the cutest on *Prison Break* (Mondays, 10pm, Five, 105) and Sky One's fantastic *Lost*.

What would you be watching?
Something girlie like *The Devil Wears Prada* or *America's Next Top Model* (*Canada's Next Top Model*, Wednesdays, 8pm, Living, 112). I still love reality shows – even though I was on *I'm a Celebrity*. I think they hold a mirror up to you and show you what you're like.

Who would you like to share your sofa with?
Daniel Craig. I think he's gorgeous! I was at the BAFTAs® earlier this year, and really wanted to talk to him, but sadly didn't get the chance (*Casino Royale*, Sky Box Office).



What would you be wearing?
Tracky bottoms and a T-shirt. Barely anything matching! I don't wear slippers – I just nick my fella's (Graham Quinn) socks.

What would you be eating?
It would be a Chinese. I want to get down to business, not be cooking! If I can be bothered to cook, I'll make the only thing I can – chicken korma. If the girls stay over, I'll make pancakes for breakfast.

What do you remember about TV from your childhood?
I'm Sky's interactive test-card girl and I remember when you used to see that as a kid you were like, 'oh no, end of telly!' I had the giggles when we recreated it because the clown was scary!

Myleene is the face of Sky HD's Test Card, a simple guide showing HD viewers how to get the best picture and sound from their HD-Ready TV. See Myleene on Sky Arts HD (268) or set Sky+ to record the 10-minute tutorial. Go to sky.com/HD or see page 8 for info.

WORDS: JANE CROWTHER PHOTOS: CAPITAL PICTURES, ALAMY, ALLSTAR, ANTHONY BLAKE

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The WAVE® music system shown in Graphite Grey.

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